

FOR THE CANADIAN WOMAN

MARCH 1955

20 CENTS

Chatelaine

A SPECIAL ISSUE

In this issue:
Part III of
Kate Aitken's
New Baby Book

HOW TO LIVE IN THE SUBURBS

Is the Coffee Party
a Menace or a Must?

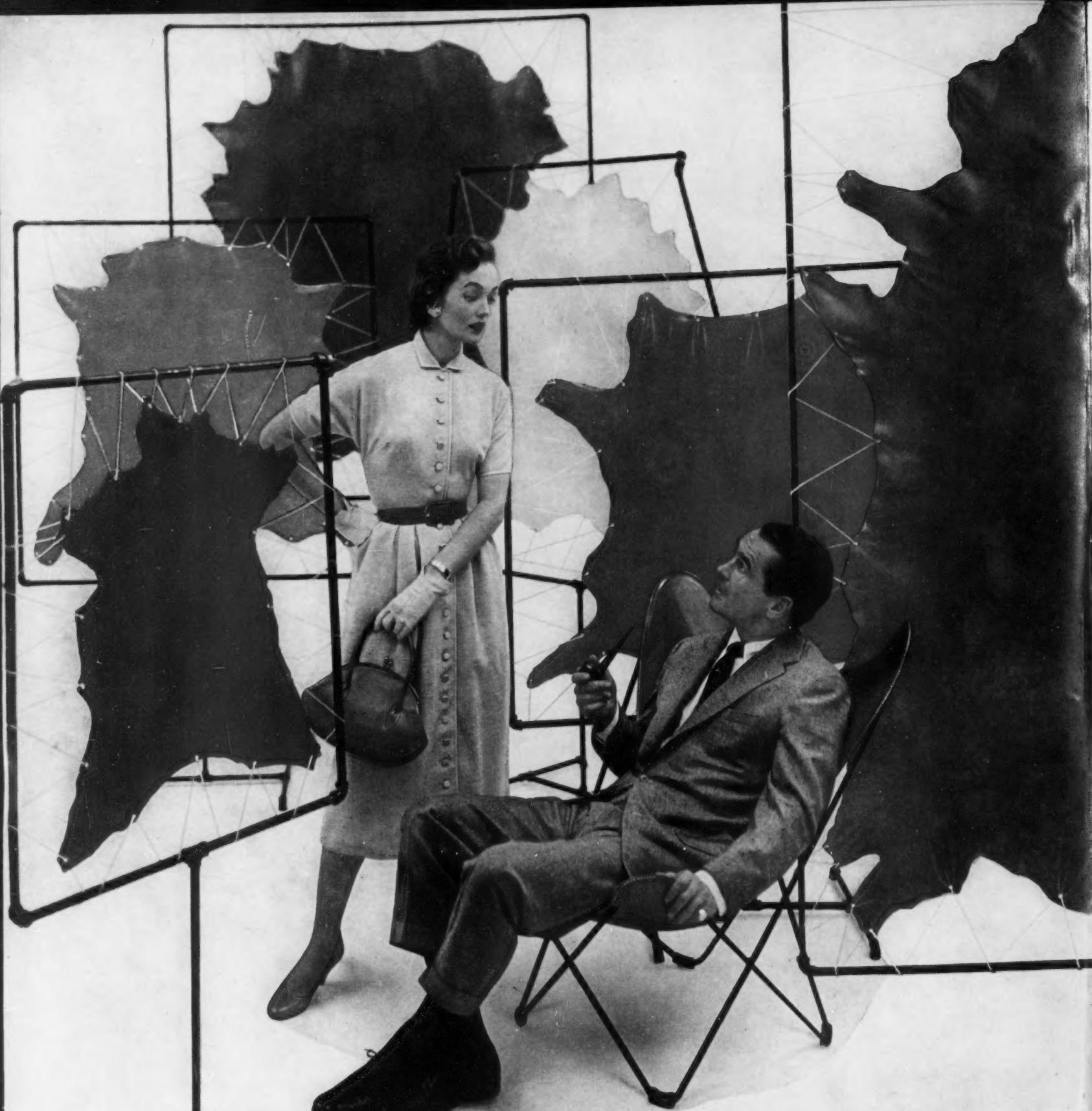
A Spring Fashion Bazaar
for Suburban Women

You Can't Cook
Without a Freezer Shelf

How to Furnish a New Home
Without Panic Buying

There's a Problem Child
Next Door





The Leather Look afoot for Spring

The "Leather Look" is the look of beauty for spring! All across the country the "Leather Look" leads in fashion... and for good reason. Its lustrous tones and exciting textures infuse leather with the sparkle and spirit of spring. Remember, nature never makes two pieces of leather exactly alike. That's why

leather can give you that touch of individuality. In shoes, clothes, handbags, gloves, belts, luggage — and a host of other fashions, leather means quality, value and a lasting look of beauty. You'll look smarter in leather! Join "The Leather Look" afoot for spring! LEATHER INDUSTRIES OF AMERICA

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How Chatelaine Went Calling in The Suburbs

A NEW TYPE of civilization is sprouting around the edges of our packed towns and cities. Since the war, close to 1,600,000 people have moved out of the cities they had flocked to, back into the new land of the suburbs.

Their habits mark shifting patterns in Canadian life, all the way from the night shopping hours in the giant supermarkets to the growing civic conscience of ratepayers, who make the once easygoing lives of township councilors a nightmare of demand and criticism. This is a land properly concerned with youth, for the majority of families who buy a home in the suburbs do so to provide free growing space for their children.

In this special issue, Chatelaine explores this expanding horizon, discussing the customs, reporting on the problems of suburban living and suggesting some of the answers. Our coverage of this big story began away back last August and before it was concluded had drawn in nearly every member of the staff.

We chose Don Mills, near Toronto, for a close look, partly because it contained families whose incomes, problems and outlook represented a fairly average cross section of this part of national life and partly because it was one of the most modern, planned suburbs in Canada. The Don Mills families co-operated hand-

somely. They patiently filled in the questionnaires Chatelaine mailed them. They figuratively rolled out the red broadloom and opened their homes to the gaze of strangers; they uncovered the secrets of their wardrobes, their refrigerator shelves, their closets and their budgets. And they did all this with unfailing good nature.

Associate Editor Doris McCubbin, who had already explored communities from one end of Canada to another in her search for interesting subjects for our Women of Canada series, started off by walking from door to door, street to street. She called on housewives at random to get an unbiased picture of the joys and sorrows of living in a suburb.

Once when she knocked on a door a woman's voice called out briskly, "Come on in, I've been waiting for you. Hang your coat in the cupboard," the voice continued. "The baby's bottle is all ready and you'll find your lunch in the refrigerator." It was quite a shock for the voice's owner to realize suddenly that Doris was not the baby sitter she'd been expecting.

When the preliminary research had turned up women with problems and some answers, Doris called in our home-service experts to discuss in detail the special problems in their fields.

Marie Holmes, Institute Director, met a group of suburban housewives, appropriately enough,

at an afternoon coffee party. She found the answer to a lot of mealtime problems lay in making better use of the refrigerator freezer shelf—see page 20. Rosemary Boxer, Fashion Editor, found many women could not get away to shop for clothes so she brought the clothes to them—in an enormously successful three-day fashion bazaar. You'll purr over her spring fashion show (pages 14-17) whether you live in a suburb or not. Margaret Newcombe reports on how smart young suburbanites solve their decorating problems on page 18. Mrs. Frances Johnson, an expert in child behavior, heard about the problems that most often plague mothers in the suburb and she passes on her suggestions on page 22.

In short, as many aspects of suburban living as we could cover in one issue were examined. The editors pooled their own experiences from many parts of the country. So the design for living we uncovered in one place is equally applicable to thousands of other families who may chance to live in Wildwood in Winnipeg, Ville St. Laurent in Montreal or Killarney in Calgary, and we'll be looking at other suburbs, and other problems in the near future. Our special issue, we hope, will prove helpful to all who live or plan to live in the growing world of Suburbia. *

GERALD ANGLIN, Managing Editor
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MARGARET NEWCOMBE, Fiction Editor
JOHN CLARE, Editor
DORIS McCUBBIN, Associate Editor
ROSEMARY BOXER, Beauty and Fashion Editor
RON BUTLER, Assistant Art Director
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Vol. 28 No. 3

We chose our cover shot as an introduction to this month's special issue on Suburbia—designed for you who live or are about to live in the suburbs. Photograph by Rockett.

Chatelaine

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YOU WERE
ASKING

Chatelaine

Our new baby book makes a hit with young mothers all across the country

Families are Fun—Thank you for the refreshing excerpts from Kate Aitken's new book, *It's Fun Raising a Family!* (January, February). It is very pleasant to read such common-sense and down-to-earth advice about pregnancy, etc. When my first baby was coming I bought a book dealing with prenatal care and development and the wretched thing was so abysmally solemn that I felt depressed every time I looked at it. Mrs. Aitken has the happy faculty of giving much the same advice but with a sense of challenge and fun and without that air of Awful Solemnity! —Mrs. H. T. McCurdy, Baie d'Urfe, Que.

. . . Baby books have I read by the score while awaiting my first child but . . . who but Kate Aitken would have the foresight and the great audacity to make an outright statement like *It's Fun Raising a Family!* And what do you know? She's right. We'll certainly be waiting for further installments . . . —Eileen Strut, New Toronto.

. . . I am French and read English better than I write . . . I wrote to let you know that I enjoy reading *It's Fun Raising a Family!* I am mother of four and it helps us young parents to raise our family. I live in the country, twenty-two miles from hospital.—Mrs. Leon Albert, Baker Brook, N.B.

. . . Kate Aitken's direct style of question and answer will be a boon to many of us who feel the need of guidance. —Mrs. J. Duffield, Sarnia.

. . . Even in only one installment Mrs. Aitken has managed to give me the answers in an uncomplicated way to many questions that have puzzled me. —Mrs. George Murray, Niagara Falls, Ont.

. . . I've gained so much practical help.—Mrs. A. F. Wise, Vancouver.

. . . Thanks a million.—Mrs. George B. Roberts, Melville, Sask.

. . . It is the most disgusting thing I have ever read in Chatelaine. . . . Why should Kate Aitken tell us all about having a baby when every young pregnant woman can and should go and see a doctor and get all the information she needs from the one and only one fully qualified to give it.—Mrs. A. Rudolph, Edmonton.

Mrs. Aitken's book is written throughout upon the stated assumption that the mother or mother-to-be is consulting a physician regularly—and she is specifically advised to do so in many situations.—The Editors.

Warpaint Problem—I'm on the warpath—the warpath to beauty—and I would appreciate it if you would help me. First: I use mascara but my eyelashes touch my glasses and by the end of the day my eyes are sore and the glasses dirty. What can I do? Also, do you recommend an electric needle for getting rid of straggly hairs between the eyebrows? I trim them every day but they pop back in again.—L. M., Edmonton.

As eye make-up is so important, why don't you have your eyelashes dyed black or dark brown? Any good beauty salon will do this—it is quick and painless and not too expensive. As to the straggly hairs it is not a good idea to use an electric needle for these. Pluck them out whenever necessary with eyebrow tweezers.

Sugar and Spice—I have never read such a ridiculous item (*Little Girls are Nicer than Little Boys*, January) in my life! Did it ever occur to this very biased author that she might just have another baby and that it could be a boy? As a mother of two boys who herself comes from a family of girls I can admit that boys are a handful but girls are certainly not perfect little angels . . . —Mrs. Marie Struthers, Toronto.

Bowling Alley Kitchen—Our kitchen is long and narrow and the only light comes from one north window above the sink. We call it our bowling alley and it looks it at the moment. There is a door from the living room at one end and the outside door at the other. The fridge, sink, cupboards and stove are in a long line on one side. On the opposite side, except for a cubbyhole where I keep my washing machine, there is just a blank wall. What paint scheme would make the room seem squarer? Also, because of our long northern winters, I want to know how to capitalize on the bit of light we do get.—Mrs. W. G. Wegnast, Uranium, Sask.

The kitchen papers that can be scrubbed are as practical as enamel and easy to hang, too. Paper the long blank wall with a very gay paper and hang bright bits of copper or brass on it. If paint is a must, break the length with a row of amusing framed pictures—a good spot for imagination.

For light, have butter-yellow woodwork with white, or else lighten the whole room with a soft peach tone. A large mirror at the dark end will brighten it. Paper one end with a bright floral pattern like the blank wall. Or if living-room door is paneled, paste florals or pictures in panels to break the length.

One Good Party Dress—I am a mother of three children and our budget allows "mother" one new party dress. I need something appropriate for a semiformal evening, such as our annual bowling banquet, and yet prac-

Continued on next page

A "primer" of GOOD NUTRITION

B is for breakfast

A well-balanced breakfast is needed every day, even if one is overweight. After going without food for 12 hours or longer, a hearty breakfast is required to renew energy and sustain efficiency. Have a breakfast of foods that provide both proteins and calories.

V is for variety

Variety is the most important factor in good nutrition. No single food has any "magic powers" healthwise. So, for good nutrition and good health, select daily meals from a wide variety of vegetables, fruits, milk, meat and cereals. Good nutrition also helps control weight.

R is for regulator foods

Vital body processes, such as the regular beating of the heart and proper functioning of the thyroid gland, depend upon foods that supply essential vitamins and minerals. A proper diet provides all the vitamins and minerals necessary to keep body organs working properly.

W is for weight control

It is best always to eat just enough of the right foods to keep your weight at the level which the doctor recommends. If one tends to put on excess pounds, it is wise to cut down on weight-producing foods.

P is for protective foods

The most important of these are the proteins. High-quality proteins come from milk, cheeses, meats, fish, fowl and eggs and supply many essential substances for the upkeep and repair of bones, blood, skin and other parts of the body. Proteins also increase resistance to disease.

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YOU WERE ASKING Chatelaine

Continued from previous page
tical enough to wear to our church tea or to a house party. I am tall (5 feet 7 $\frac{3}{4}$ inches) and thin. I make my own clothes and could follow any suggestions.—Mrs. Marjorie Gathercole, Fort William.

A dress and matching jacket would be best; you could wear the dress alone for semi-formal occasions and with the jacket for teas and house parties. Why not make it in black or navy grosgrain or *peau de soie*? The jacket should be single-breasted, with a short, flared peplum. It might have one of the new, curved stand-away collars. The dress could be narrow and sleeveless, with a deep square neckline back and front—or it could have a flared skirt and a rounded bateau neckline. Either should suit you very well.

Schools Use Series—Members of the home economics department join me in complimenting you upon the series, *Plan Your Housekeeping*. We assure you that the plans with the illustrations are most helpful to the junior miss as we meet her in our elementary-school classes.—Margaret Langford, Board of Education, London, Ont.

Homemade Vitamins—What is the food value of carrot juice and how can I make it? I have a liquidizer.—Mrs. A. J. Hamilton, Listowel, Ont.

One pound of raw carrots (without tops or scrapings) is 166 calories and 48,000 international units of vitamin A. You should be able to make carrot juice in your liquidizer, following the directions that go with it. Wash, scrape and cut carrots in pieces and put in the liquidizer. The resulting liquid is your carrot juice. Better use new carrots because they contain more moisture and are more tender.

Lint on Black—I am turning a black wool coat but I can't get the lint from the flannelette lining off the inside.—Mrs. E. Arcand, Kirkland Lake, Ont.

After brushing with a stiff nylon brush, use the suction nozzle of the vacuum cleaner to remove more lint. Then wrap cellulose tape around your hand, sticky side out, and go over cloth, renewing tape as it becomes covered with lint.

Keep Needlecraft Coming—Percy the Zebra (October) was a success! Kindly send me material and pattern for another.—Miss H. C. Fehrenbach, Kitchener, Ont.

. . . I saw your pattern for doilies (October) and could hardly get my eyes off them.—Shirley Eby, Allenford, Ont.

Smorgasbord Etiquette—Our church hall and kitchen have been renovated and we would like to have a big reopening . . . with a smorgasbord. Could you help with menu and serving?—Mrs. F. Ewing, Nelson.

In Scandinavia, smorgasbord etiquette decrees that you do not heap your plate with all the foods you prefer. Instead you make several trips, each time with a clean plate, and follow the pattern of a formal dinner: fish first; then cold meats and stuffed eggs; salads and cheese; hot dishes, such as meat balls or Swedish beans; dessert.

A favorite Swedish dessert is pancakes and lingonberries, small tart red berries somewhat like cranberries, stewed with sugar. Another is lingon-pear, fresh peeled pear halves soaked in lingonberry sauce, with a garnish of cream cheese.

For a Swedish menu serve: cold dishes—headcheese, sliced tongue, sardines in vinegar, pickled herring, smoked salmon, shrimp; salads—herring salad, pickled beets, stuffed eggs, cucumber salad, vegetable salad (1 cup cooked diced carrots, 1 cup cooked diced beets, 1 cup cooked diced potatoes, 2 tablespoons minced onion, 1 cup diced smoked herring, $\frac{1}{2}$ teaspoon ground allspice, vinegar. Serve on lettuce or endive. Serves six); cheese—farmer's cheese (*Bondost*), sweet goat's milk cheese (*Gjetost*); hot dishes—sausages with creamed potatoes, fricassee of veal.

Why Two Children?—Could you tell me why all the articles I read on homemaking and child care deal with families with about two children? I have five small children from twelve months to seven years and . . . the smaller children get much less supervision than the older ones did at their age . . . I realize the children are more important than the house but on the other hand how can children grow up healthy and happy in a dirty, untidy house?—Mrs. Marnie McCarthy, Wiltondale, Ont.

Wine-grey Living Room—I have a living room 12 by 18 feet, with a wine broadloom rug and wine drapes. The east wall has a nice wall space where I am planning to place a new chesterfield. What color scheme do you suggest? The woodwork is grained in light oak. I had thought of three grey walls and one wine with a grey chesterfield suite.—Mrs. Lorne McDonald, Colborne, Ont.

Instead of painting one wall wine we suggest you paper it in one of the new diminutive wallpaper patterns in grey and wine, and place your grey chesterfield against it. Choose furniture covered with one of the new rough-textured fabrics in a deeper grey than your walls—with one soft-blue chair for contrast. Use flat paint on walls, semi-gloss of same shade for woodwork.

Address your comments and your questions to The Editor, *Chatelaine* (or to the departmental editor concerned), at 481 University Ave., Toronto 2.

PHOTOGRAPHS IN THIS ISSUE—By Paul Rockett (pages 1, 12, 14-17, 27, 28, 46), Sebert—Rockett Studios (6, 76), Photographic Survey Corporation (11), Peter Croydon (18, 19, 20, 22, 60), Lockwood Haight—Panda (21), Panda (80).



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CHATELAINE — MARCH, 1955



Nancy Nylon says
NYLON accents
Spring Fashions

Bright accents are Spring fashion—a touch of frilly white or a flash of vibrant color. If they're nylon, they'll need no pampering—for nylon needs little or no ironing nor tiresome trips to the cleaners. You'll love wearing your nylon fashion accents—as much as this girl does!



Complement your suit or skirt with a frilly, tucked blouse like this one, of new milky-white, opaque nylon tricot... as care-free as the nylon tricot you know so well but it has less show-through! There's style and fabric excitement in all the new nylon blouses.

Add a dash of color in opaque nylon tricot gloves. They have the luxurious feel of expensive imports and their flower-bright colors stay fresh and gay no matter how often you wash them. Tailored or feminine—there are nylon gloves to excite your fancy.



Accent your prettiest costume with this new tiny clutch cape of nylon fleece in glowing pastels. And don't worry about keeping it clean—just pop it into the tub and wash it! It dries overnight and never, never needs ironing.



Brighten almost any dress you own with a gleaming white collar—and the most glamourous collars of all are made of nylon—that won't shrink or stretch out of shape. You'll love the fresh, new look that comes back after every washing—and there's no ironing either.

New lines in fashion mean new lines for us girls too! But nylon makes it easy to mold our figures to the new proportions. Its amazing strength, lightness and elasticity—and of course, its washability—make it a natural for the foundation garments we need for the new silhouette.

Write to me, Nancy Nylon, Dept. 77, Du Pont Bldg., Montreal, for my new booklet,—"Live Easy—Look Lovely—in Nylon Tricot".



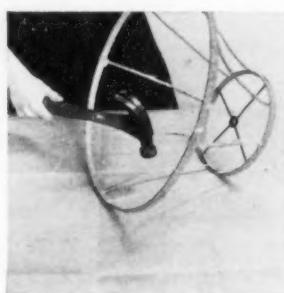
DU PONT COMPANY OF CANADA LIMITED

Make over a lampshade in an afternoon

We covered ours in handsome straw braid for less than \$2

By Laura Aliman

THE problem lamp above—and there's probably one in every home—was reshaped and re-covered in an afternoon. We stripped the old shade right down to bare wires then covered it in rich-looking, but inexpensive, half-inch straw braid. You can buy this at most millinery or dressmaker supply houses for about five cents a yard. Or you can choose a suitable fabric braid instead. To estimate the yardage needed, measure the bottom circumference of your old shade in inches and multiply by two. This gives you the number of strips needed. Now measure the depth of the frame to get the length of each strip. Multiply the number of strips by the length, and add the bottom and top circumferences. Our shade, with diameters of 8 and 6 inches, depth of 10 inches, took 31 yards.



1

Reshape old shade by straightening old-fashioned scooped wire uprights with a hammer. Keep turning frame gradually and tap wires gently until they match. Now rewrap top and bottom wires with half-inch cloth strips.



2

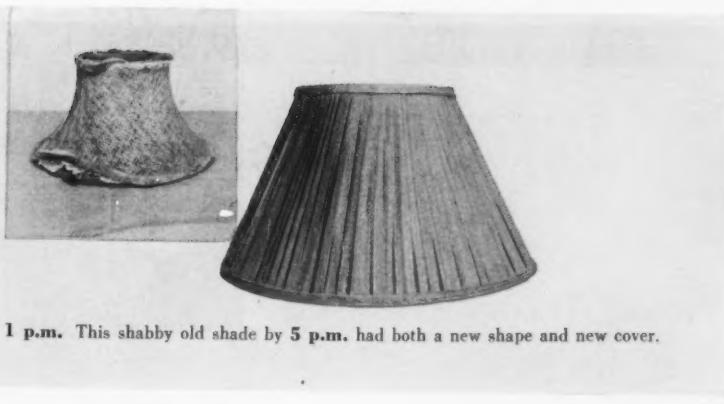
For lining use an old, bias-cut slip. Slide it over shade and choose the portion that fits shade closest. With slip inside shade, pin bottom of lining smoothly to bottom wire. Keep side seams next to wires. Trim edge.

Three more lampshade makeovers

Clip-on lampshades are easy to redo and these three makeover hints will prove a springboard for your own inventive ideas



Match a shade to chair upholstery. Roll the shade across a sheet of paper, marking the curved path for your pattern. Cut material from pattern and paste to top and bottom wires, using wallpaper paste and bias tape for neat edge. Add ball fringe or other trim.



1 p.m. This shabby old shade by 5 p.m. had both a new shape and new cover.



3

Pull slip taut and pin it smoothly and evenly to top wire. Because material is bias-cut, any extra fullness in lining can be taken up by pulling taut. Trim top, and sew lining to top, bottom and upright wires.



4

Sew straw-braid strip to bottom wire, pull strip gently to top, cut and sew. Repeat, sewing braid side by side at bottom, overlapping at top, to allow for difference in diameter. Smooth any kinks with damp sponge.



5

Finish shade by sewing a strip of braid around the top and bottom edges to cover the raw, sewn ends. Match both joins on the same side. Now your new shade is complete—a handsome conversation piece for any room.



Feminine touch for daughter's room is fluted felt. Measure shade from bottom to top, across and down other side. Cut felt circle with this measurement as diameter, cut hole in centre for top opening, sew or paste at top edge. Felt falls naturally in folds.

Painted shade gives muted light. Roll shade in shallow basin of white paint, let dry and repeat until shade becomes opaque (not transparent) when light is on. Now brush strokes won't show when you paint outside in color. Punch pattern with big darning needle.



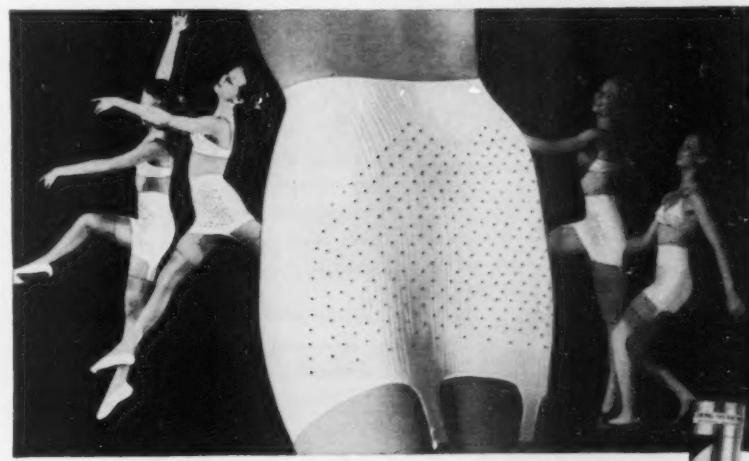
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Softness...
Extra
Absorbency

New Kotex with Wondersoft Gauze Covering brings you an entirely new experience in lasting comfort . . . you've never known such softness.

A Safer Softness—This miracle covering, because of its reliable gauze foundation, provides a



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Regular (Blue Box) Junior (Green Box)
Super (Brown Box)

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Your choice of white or pink in soft-stretch elastic—strong, light-weight, non-twisting, non-curling. Stays flat even after many washings. Dries quickly. (Why not buy two—for alternate use?) *Reg. trade mark.



CHATELAINE BEAUTY

Memo from Rosemary



BE BUSY—AND BEAUTIFUL, TOO

Outside, the air will soon be growing softer, the buds swelling and the sap stirring. Inside, the dust is flying, the washing machine is whirring and dirt, grime and cobwebs are vanishing before the furious onslaught of duster, mop and broom. Spring Cleaning Time is here again. But now that you've brushed, beaten and polished the house (and possibly the children too) into a state of slightly self-righteous cleanliness, what about you? What about your complexion? Your hair, which lately has taken to hanging in limp strands about your neck? Your figure? You, in fact. We hate to be a wet blanket, but beauty care all too often gets crammed into the background when home and housework are on the agenda. But now is the time to set matters right—before the lines and wrinkles, sallow skin and stringy hair take up permanent and unbecoming residence.

The color of spring . . . You've probably read that spring (fashionably speaking) is coming in on a blaze of yellow. Which is fine so long as it's interpreted in terms of hats and flowers and gay, pretty dresses. It is not, however, intended to embrace your complexion as well. So if your skin, either through lack of care or just winter sluggishness, is looking dull, lifeless and noticeably yellow, it's time to tone up the tissues and your circulation as well. There are two ways of doing this. The first is a weekly session with one of the new circulation creams. After cleansing the skin, massage lightly with a good lubricating cream and then pat on the circulation cream. This will stir up the local circulation and send the blood racing through the tiny capillary tubes, bringing fresh oxygen and color to the skin. The second method is even more basic—large quantities of fresh air and exercise.

Heads you win—or lose . . . While we're shaking an admonitory finger, we might as well go on to point out that, in this modern day and age, there is positively no excuse for unkempt heads and stringy locks. Visit your hairdresser every six to eight weeks to have your hair expertly trimmed and shaped, and invest in a light permanent to give it body and take care of straggling ends. There's a new pin-curl permanent which takes all the pain and mental agony out of home permanents, and reconditions the hair at the same time.



On getting up . . . Let's face it—there are few things more unpleasant than getting up in the morning. One of them is getting up to face an unpleasant sight. Such as the love-of-your-life (we've switched to the man's point of view), shuffling about the kitchen in a drab and dreary dressing gown, hair bristling with Bobby pins and curlers and a complexion that's all too obviously unadorned. But this wouldn't, of course, be you. *You*, we faithfully trust, bound out of bed and into the bathroom a few minutes early every morning. With a pared-to-the-minute timetable, you use a tinted liquid foundation that smooths into your skin with a few quick strokes, followed by a fluffing of powder. Or, easier still, a cake powder with its own built-in cream foundation, and then a bright lipstick. And you'd die rather than wear a housecoat that wasn't freshly laundered and as spruce as a new pin. Wouldn't you? *



Coat fabric by Dömil Limited, Montreal, Que.
Gloves by Julius Kayser & Co. Ltd., Sherbrooke, Que.

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The lady is standing just to let you see that her 'Terylene' blend coat is sitting pretty. Giving clothes an attractive drape is just one of the many things this talented new textile fibre has in store for you. It hardly seems to know what wrinkling means . . . soon gets rid of the odd wrinkle it *might* pick up. 'Terylene' coats or suits will also hold pleats and set creases securely, and aren't afraid of being caught in the rain.

To show you how versatile this fibre is, we added a pair of 'Terylene' gloves to the picture. You'll find they have a nice, friendly feel on your hands, and are easily washed and quick-drying. 'Terylene' blend coats like the one above will soon appear in better stores in a range of styles and colours. Quantities will be limited, though . . . so, good hunting! Before you buy, do look for the distinctive 'Terylene' identification tag.

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A SPECIAL ISSUE OF

Chatelaine

devoted to the hopes and headaches
of all those Canadian women seeking a better
life for their families in

THE SUBURBS

HOW TO LIVE IN A SUBURB

The fresh air's fine and life can be grand in your subdivided paradise, if you just don't forget to be yourself

A SPRING FASHION BAZAAR FOR SUBURBAN LIVING

Four pages of pictures to prove you can be casual without being sloppy, and there are other things to wear besides slacks

HOW TO FURNISH A NEW HOME WITHOUT PANIC BUYING

Don't panic when you buy. Pictures and stories of suburban rooms to show what you can do with a cool head and a hot idea

YOU CAN'T COOK WITHOUT A FREEZER SHELF

It's the answer to once-a-week shopping problems and drop-in company — if you know your freezer's fine points

THAT PROBLEM CHILD NEXT DOOR

Maybe that's what the neighbors say about your child, too. Here's help from an expert

Beginning on the next page



*How is it that this suburb,
where you went to find freedom
to breathe, sometimes seems to be slowly
choking you to death? You may
blame the neighbors, but could it be all your own fault?*

How to live in a suburb

By DORIS McCUBBIN

IT'S 10:24 on a Friday morning. You've just spun two loads of washing through the machine, swished through the breakfast dishes, scooped up a dustpanful of paper cutouts left by your daughter, listened to a lecture by the milkman on the sluggardly rate they are getting around to paving the streets in your six-month-old suburb, and let out the dog for the seventh time.

From the periodic banging as the baby tries to chip his Bugs Bunny off his playpen with the remains of his wooden fire engine, you hopefully calculate that you have about an hour to cut out your new dress before lunch.

You're just about to smooth out the material on the dining-room table when the telephone rings. "Hi!" sings out a voice you recognize as your next-door neighbor. "Coffee time! Bundle up the brat and bring him over. Marg and Dot are coming. Estelle can't. That poor kid of hers has another cold." There is a significant pause.

You make a "m-m-m-m-m" noise at your end of the line, which could or could not be interpreted as your agreement that Estelle doesn't put enough clothes on her only son to keep a polar bear from catching pneumonia. For just a moment you're tempted to say, "Gosh, honey, I'm sorry, but I'm just in the middle of dressmaking. Can't come today."

But at the back of your mind is a nagging question. Why isn't Barbie coming? Has Barbie been marked for a purge—and why? And another thought—suppose you do say you can't come, and suppose they don't ask you the next time? Just for a moment you pause and then you say, "Sure." The dressmaking project is canceled for this morning.

Why, you ask yourself, did I do that? Why do I spend so much time drinking coffee? How is it people who were complete strangers to me six months ago now know more about me than my own mother? Why is it I find myself saying things I don't mean, doing things I don't want to do in an attempt to fit in? Why have I become afraid to speak out on almost any



The morning coffee party starts as a friendly, neighborly gathering but

subject from racial intolerance to modern art? How is it that this suburb, where we moved to find freedom to breathe, sometimes seems to be slowly choking us to death?

Your problem is one facing thousands of newcomers to Suburbia all across Canada today. It's an inevitable reaction after the first heady "Hi, neighbor" fever begins to wear off. To seek some solutions to these questions Chatelaine talked to some suburban housewives. The community canvassed most thoroughly was Don Mills, Toronto's new dream suburb, but other districts were also visited. Some Chatelaine staff members are themselves suburban dwellers. Social workers, sociologists and psychologists were interviewed and all the findings were pooled. Out of all this emerged a picture of the pleasures and pitfalls of suburban living.

Suburbia is the friendliest community in North America since the days of stockade life and Indian raids. It provides you with an opportunity to share in building a community. It offers you a chance to give badly needed leadership—a chance you mightn't get in an older, more settled district. Suburbia also supplies a feeling of belonging that is often lost these days when people move about the country more and live outside the larger family circle.

But suburbia can also become a breeding ground of boredom, filled with women isolated by lack of transportation from the rest of the city, who measure out their spare time with cups of coffee and chitchat.

The exhilarating frontier neighborliness starts from the moment the woman moves into her house. Here she is in a brand-new community. Nobody knows anybody else. There are no established customs, no caste system, no elite, no old-timers. Everyone feels they are sharing in an exciting new adventure, all faced with the same problems.

*You suddenly discover the
pally little puddle has frozen over*

Couples are young. Many husbands are veterans. Everybody has children, a brand-new mortgage and the same monthly installments. Everyone has to cope with the same mud, lack of bus and mail service, street lights, and often lack of streets. Everyone is staring at bare white plaster walls and wondering what kind of paint to put on them. If the houses are the same design hours can be whiled away talking about minute differences. ("We sank the money we were going to spend on the stippled ceiling into real copper piping" . . . "You know that alcove in the hallway—well George had them extend it five and a half inches and it just fits grandmother's love seat!" . . . etc.)



sometimes ends in a rut of chitchat and gossip, say suburban women. Living in a new neighborhood, though, can mean that everyone has a chance for worth-while community service.

Even if a couple want to keep to themselves, they find it as impossible as getting along without rubber boots. The husband will be lending his extension ladder around the neighborhood almost as soon as it is lifted off the moving van. In return he'll borrow everything from a power saw to a pipe wrench. There is probably no telephone and messages have to be delivered by word of mouth. The wife takes her turn collecting mail for her street at the local post office. She thankfully accepts a neighbor's offer

*You find yourself pooh-poohing
the things you've always been proud of*

to mind the baby and shove a casserole in the oven when she is suddenly faced with an emergency, such as a raging toothache or a quick trip to the doctor with her son who has just split his head open trying to chin himself on a pipe in the cellar.

But long before any borrowing starts she meets her neighbors. While one woman was still unpacking the china and wondering where on earth she put the baby's bottle warmer, coffee-bearing neighbors knocked on her door. They all sat around on packing cases and introduced themselves. Last names were brushed aside like titles in Russia.

Before she was in her house a week she was on the program committee for a three-week-old Home and School Association, a member of a Ping-pong league and vaguely committed to join a drama club. Her husband went off in a car pool every morning as though he had done it all his life. He and a man called Charlie were swapping stories as they built a communal fence.

At this stage she burbled off a letter to mother, "This is a wonderful place. Everyone is so friendly."

Everyone in a new suburb is friendly. But one day, about six months after you move in, you'll find yourself wishing the coffee bean had never left Brazil. You'll suddenly discover the pally little puddle has frozen over. Miniature icebergs, no bigger than a woman's hand, appear on the surface with vast potential dangers lurking below. Soon two neighbors, who were swapping chili con carne recipes three days before, pass one another in the supermarket as if each considered the other a display of decaying cabbage.

You'll find yourself forced into joining sides. It takes a strong-minded woman to stand alone, and she's always afraid she might be left there. Your husband will be mystified by all the female fencing. Why Josie is speaking to Gladys one week and not speaking to her the next is just as baffling to him as fashion futures.

You'll be amazed to find that you're growing more like your neighbors

by a strange process of homogenization. Wasn't it after one of those coffee sessions that you decided against a Swedish contemporary chair for the living room and got a sectional set like everyone else? Wasn't that big fight you had three months ago with your husband caused by your implication that he was a slothful slob because he wasn't spending every spare minute over a set of power tools in the basement like Marge's husband, Roddy? And since when (you ask yourself) have you hauled down your banner for racial tolerance? Bill Smith tosses around words like mick and dago—words that used to make you buckle on your white armor. Why don't you set the record straight on where you stand? But you don't. Why not?

You may discover that you are unconsciously playing down your education, taste and opinions that might mark you as different. One young suburban housewife told me: "You've got to be mediocre or you become just as big an oddity as the emu. My husband actually had to work up a repertoire of dirty jokes—the barnyard kind—to keep up his end of the conversation with the boys. I buried the fact that I had an M.A. degree in English under the sod of our new front lawn."

Another said, "You find yourself pooh-poohing things you've always been proud of—like good music. We pass off our subscription to the Atlantic as a gift from an eccentric aunt. We hide the fact that we know what people are talking about when they mention French impressionists as though we had a record in dope peddling."

*Because Suburbia is new, everyone
has a chance to help build the community*

One couple, who had proudly bought an abstract painting which they hung over their mantel, soon realized that this set them apart from their neighbors. "The mountains didn't look like real mountains, and our neighbors thought we had been taken in or were trying to show off or something." One night during a party when both host and hostess were out of the room their guests turned the painting upside down. "They just couldn't believe that we knew which was the right way up."

But suppose you don't like living a life that has about as much privacy as a newly laid frog's egg. Suppose you want to keep your tastes intact. Suppose you're tired of talking babies and bottle routines or discussing what a mess the woman across the street is making of her child, her marriage and her color scheme. Suppose you don't like parties with the men in one end of the room discussing (a) makes of cars and (b) hockey, and the women in the other end swapping anecdotes

Continued on page 32



These smart suburban chatelaines told us they have little time to shop, yet must find budget clothes that will stand up to children, entertaining and the washing machine. So with their help as models we staged

A Spring Fashion Bazaar FOR SUBURBAN LIVING

BY ROSEMARY BOXER *Chatelaine Fashion and Beauty Editor*

THIS different kind of fashion show started away back last October when I climbed into my car and drove out to one of the modern homes in the Don Mills development, northeast of Toronto, to meet a group of young wives and mothers. And, over coffee, we were soon deeply immersed in their wardrobe problems.

"I just love it out here," said one young wife, "but it's practically impossible to get to the stores. By the time I get things organized for a baby sitter, then drive downtown, I've no time left to shop!"

"So you grab the first thing you see," chipped in another, "and end up loathing it."

"Keeping clean is my big problem," remarked a mother of four. "Four sets of muddy feet and sticky fingers mean everything I own has to be washable—or it just never gets worn."

And a pretty, dark-haired girl was echoed by several others when she confessed, "It's that unexpected knock at the door that upsets me. I'm generally caught in an old pair of slacks and no make-up, and I feel like crawling under the bed."

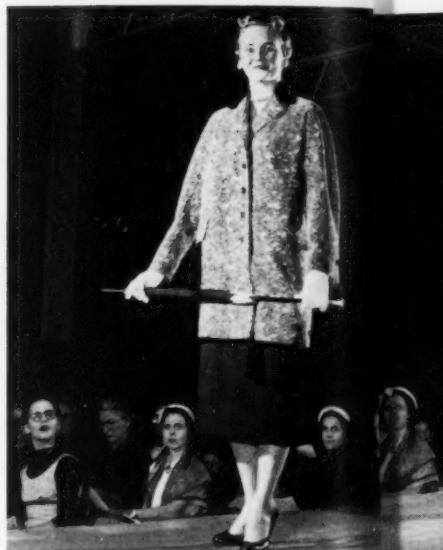
So we staged a new kind of fashion show right in Don Mills—and on these pages our photographer gives you a front-row seat. You can "pre-shop" your spring needs at Chatelaine's suburban fashion bazaar, using the manufacturer's order number and approximate retail price as noted for each garment. Then budget precious shopping hours, and money, as suggested over the page.



Marjorie Jewitt in a grey worsted coat. Lou Larry, No. A103, \$70.



Helvi Pykala in a slim navy suit. Lou Larry, No. M228, \$70.



Snake-skin cotton coat, hip pockets. Lou Larry, 8210, \$50.



Doree Goulding in navy grosgrain, white collar. Du-Rite, 849, \$29.95.



Party dress in washable Tootal taffeta. Nadler, 1020, \$20.



Bev O'Keefe in grey raincoat and hat. Lou Larry, 2275, \$30.



Blue worsted suit, tabbed neckline. Lou Larry, No. 6756, \$35.



Barbara Glenny in a figured wool coat. Lou Larry, No. B175, \$70.



Perma-pleated maternity suit. By Fashionwise, 665, \$25.



Grey cotton, headed for town or cocktails. Du-Rite, No. 876, \$30.



Aune Helsing in navy and white Tootal surah. Nadler, 1241, \$25.



Milium dress, worn by Barbara Deeks. Jo-Al, 606, \$17.95.



Navy crepe torso dress; pleated skirt. Du-Rite, 652, \$34.95.



Ruth Green in a cotton dress and pinafore. Vicky Vaughn, 1902, \$17.



June Rowlands in braid-marked felt. Miss Sun Valley, 2979, \$15.

MORE SPRING FASHIONS
FOR YOU TO PRE-SHOP
ON THE NEXT PAGE

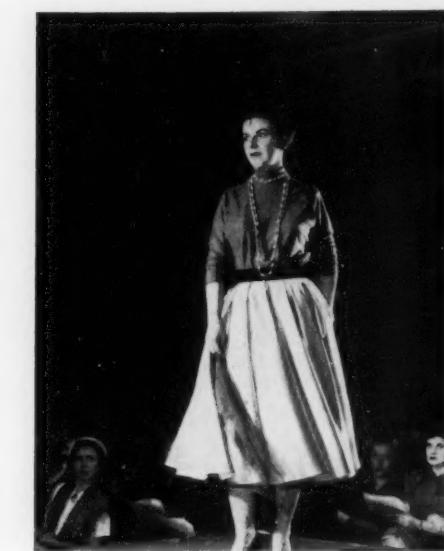


MORE HITS FROM OUR SHOW

A Spring Fashion Bazaar (continued)

WHETHER or not you are a suburbanite, you're sure to find what you need for spring among the costumes modeled for you here by these Don Mills women. We're pretty proud of our spring collection—every garment made up especially for Chatelaine weeks ahead of schedule, by harried Canadian manufacturers, for our Don Mills fashion bazaar last December. The audience received programs on which they could keep track of their preferences until the spring lines went on sale in late February. In your own busy life you'll save time—and be happier with your final choice—if you "pre-shop," studying these Chatelaine fashions for the type of dress you want. By telephone you can then find out which local shops or dress departments have the dresses you like. Refer to Chatelaine's Spring Fashion Bazaar and the manufacturer's order number—or perhaps you'll discover on enquiry a variation of one of these styles that will please you even more. Then when you do go shopping you'll know just where to look for your sort of clothes, and you won't feel you're in danger of talking yourself into something because you haven't the time to look around.

If you wish, your club can stage a spring fashion bazaar of its own. Contact your local retailers and show them what a good idea it is to help wives and mothers living in outlying suburbs to "pre-shop" by supplying costumes and accessories for such a show. The Don Mills bazaar ran three nights, raising \$212 for the local clubs which sponsored it. We told you how to stage a fashion show in Chatelaine for February 1954—look it up or write us for a reprint.



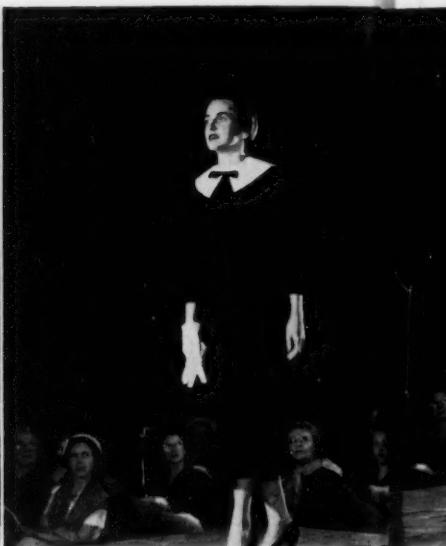
Softly pleated skirt in sky-blue satin. Miss Sun Valley, 2977, \$20.



Sonya Brooks in blue print cotton. Vicky Vaughn, 6936, \$10.95.



Black cotton coat; beige dress. Horrockses, 626, 627; \$40 each.



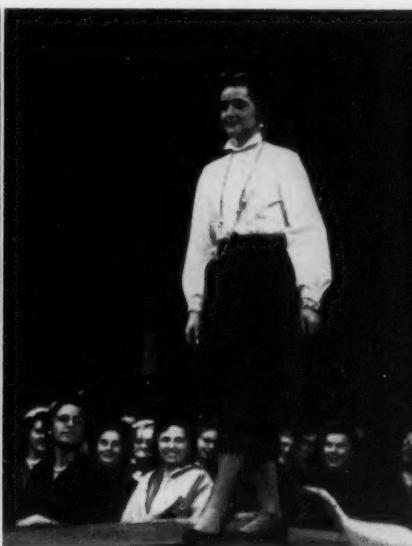
Black velvet middy suit. By Miss Sun Valley, No. 2919, \$25.



Do Scruton in black cotton, nylon lace. Tonni-Todd, 6934, \$11.



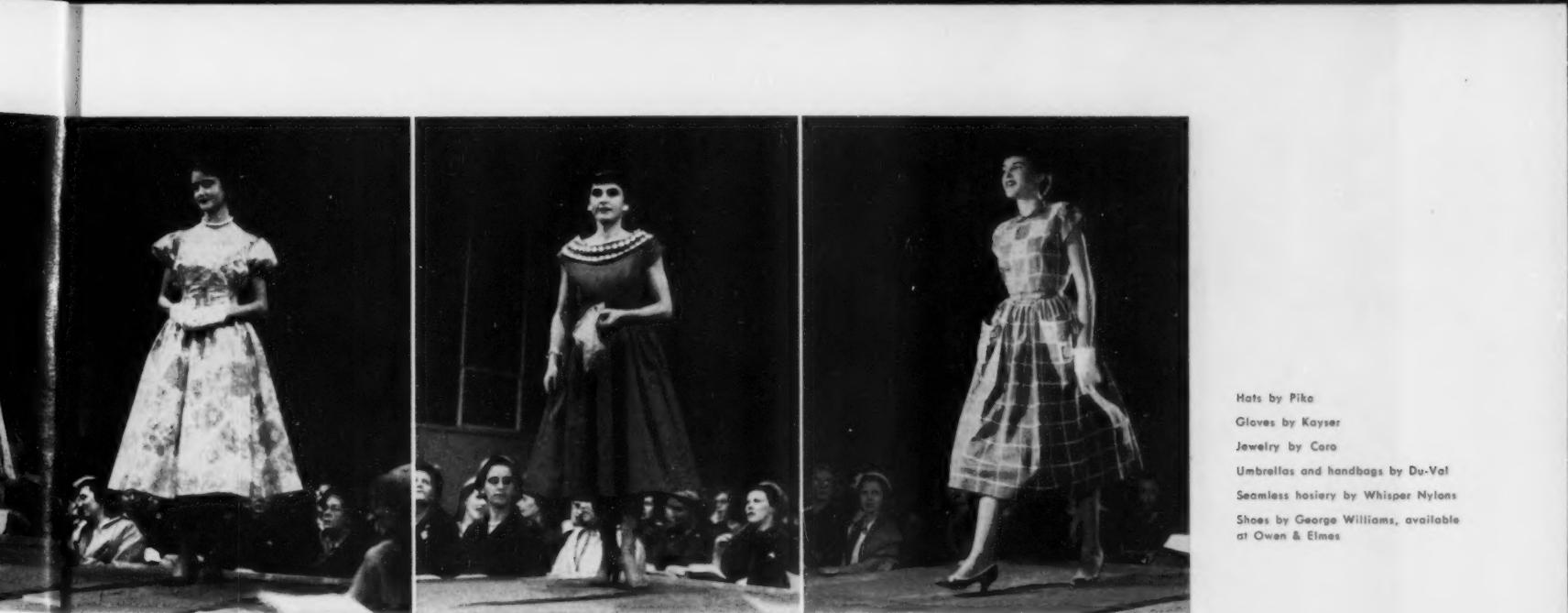
Water-color printed cotton—pink and brown. Tonni-Todd, 1801, \$8.95.



Lily Ann Becker in black velvet pants. Miss Sun Valley, 1645, \$17.



Cotton shirt dress, green and white. Horrockses, 618, \$35.

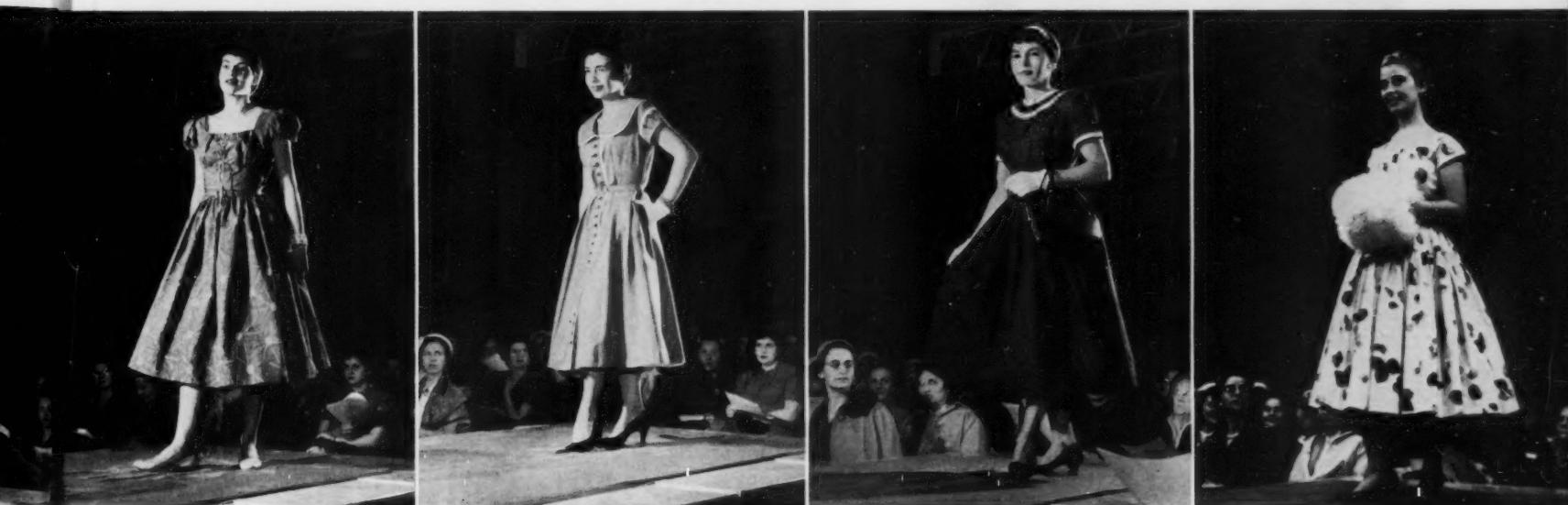


Pat Slater in orange and mint cotton. Tonni-Tod, 1900, \$14.95.

Olive-green cotton, daisy-wreath ed. Vicky Vaughn, 6605, \$9.95.

Anna Wilks in grey cotton honan plaid. Vicky Vaughn, 6933, \$10.95.

Hats by Pike
Gloves by Kayser
Jewelry by Coro
Umbrellas and handbags by Du-Val
Seamless hosiery by Whisper Nylons
Shoes by George Williams, available at Owen & Elmes



Perma-pleated cotton, brown and gold. Vicky Vaughn, 7204, \$10.95.

Slate-blue cotton honan; black piping. Vicky Vaughn, 1705, \$10.95.

Dress of navy-blue Tootal linen; white markings. Nadler, 1245, \$25.

Printed cotton, leaf green on pink. Vicky Vaughn, 1904, \$10.95.



Late-day pussywillow cotton. By Vicky Vaughn, 1701, \$10.95.

Bare-necked dress of grey and white cotton. Du-Rite, 856, \$29.95.

Pale-blue bouclé skirt. Miss Sun Valley, 2931, \$20. Satin shirt.

After-dark dress in moss-green Capri print. Du-Rite, 637, \$34.95.



How to Furnish a Home Without Panic Buying



Don't settle for second best just to get the house furnished. One or two good pieces, imaginative substitutes and clever makeovers will give the result you want within your budget

By MARGARET NEWCOMBE

A HOME of your own! Mortgage, mud and all—it's wonderful. Only, by the time you've made the down payment and budgeted your mortgage allowances, what do you use instead of money to decorate and furnish? Thousands of new suburbanites know what it means to be housebroke—home-rich and furniture-poor.

To find out how today's families solve this problem, Chatelaine visited Don Mills, one of Canada's most modern suburbs, lying in flat farm lands northeast of Toronto. Here, almost overnight, a whole community of architect-designed homes sprang up on traffic-engineered streets. They range in price from about \$12,000 to \$17,500, beamed to hit a fairly average cross section of average budgets.

We picked our way along the muddy edges of the new streets, up freshly graveled drives, past bricked-in planting areas where the first straggly rosebushes struggled. We knocked on shiny, painted doors—doors in bold, clear colors of aquamarine, sunshine yellow and Mediterranean pink. All the houses shone with newness, from the

long triangular slants of their roofs to the wide, unbroken expanse of their picture windows.

Passing these windows, we ran into the first big decorating problem in modern homes—curtains. And, when we wiped the mud off our shoes before stepping across the clean checkerboard of black and white tiles in an entrance hall, we walked into the second problem. How do you stretch an old rug to cover the bare areas of an open-space living plan?

Sitting in the bright new living rooms, talking to the women who had moved large portions of their past lives into this different setting, we met the third problem. How can you fit your old furniture into this modern home—and where will you find the additional pieces needed to fill the larger space?

It was from this new breed of homemaker—the suburban housewife—that we learned the answers to these three basic problems. All of them, one way or another, had settled down to working out a basic plan

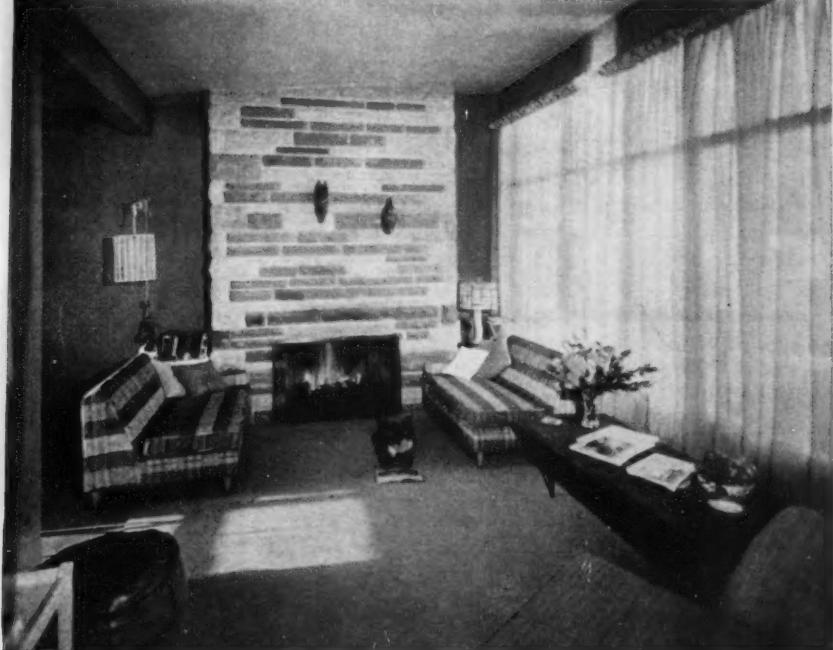
first. They weighed their needs and desires on a scale of values. What pieces did they have to buy now? Would they be inexpensive but bright and amusing makeshifts? Or should they sink all their available cash in one good piece and wait for the others? Would they sacrifice a new rug for a new sofa, a TV for a dining table?

The problem of priority buying was the greatest single complicating factor. Too often, they felt, housewives become confused, rush downtown and indulge in what is aptly called "frustration buying." Because we can't afford, or can't find quickly, what we really want, we spend a lot of money on furniture that will "just do" and we end up being stuck with these compromise choices the rest of our lives.

A housewife who avoided this is Mrs. Allan Becker, whose sunny room is photographed opposite. Mrs. Becker had clipped ideas and plans on home decoration from magazines for years. So when she and her husband and four lively children moved into their new home last summer, her plan was halfway made already.

To begin with, she decided on her fundamental color scheme. She knew it was easier to fit in the changing colors and accents of your own personal accompaniments to living, if you kept the background simple. She knew that a soft color, one that can be used in varying tones for walls, floors and big furniture pieces, provides a restful and harmonious setting. So first she chose the tiled linoleum floor—one that could take the battering of four pairs of active children's feet—in a warm, taffy-colored shade. The walls and woodwork were painted to match. The big old chesterfield was re-covered in a complementary gold tone.

Warm, sunshiny yellows and cool, leaf greens give Mrs. Allan Becker's new living room, at left, in Don Mills suburb, its relaxed and friendly atmosphere. Here, several of the suburban housewife's most perplexing decorating problems have been solved with little money but good taste. The overhead bookcase makes a feature of the high, bare wall; matchstick draw drapes soften the glare from the window-wall and clever color accents draw living and dining areas together.



The handsome stone fireplace, which the Bill Elliotts chose instead of a television set, dictated their practical but comfortable color scheme for them, one that young Doug feels right at home in. They bought only two new pieces of furniture, two smart sectional settees, one of which acts as a room divider between living and dining room. Mrs. Elliott's choice of theatrical gauze for window drapes is typical of the ingenious way in which today's young homemakers balance their decorating budgets with effective use of new material.

She also had a big window problem—eleven feet wide, slanting from six to eight-and-a-half-feet high. So she balanced the cost of lined, specially cut, fabric drapes—at the very minimum, \$100—against the economy cost of novel matchstick, wooden drapes, about \$37. They served the double purpose of blinds and curtains and, not at all incidentally, blended with the soft brown wood values of her room.

What furniture to save, what to discard? Mrs. Becker sold some too-bulky furniture and, avoiding the impulse to spread the money thin in a lot of new pieces, put it all into one smart settee-sofa, upholstered in foam rubber and covered in a luxury-look, extra-practical, white leather plastic.

Then she began the salvage job on the old furniture. The maple dining table and benches were repainted a soft olive green. She cut down the legs on two formal end tables and painted them the same color. And she and her husband made the long, low coffee table from a plain door slab and wrought-iron legs. She covered an oversized pouf in a tweedy-looking new green plastic for a feature piece.

Their brown broadloom rug wasn't large enough to cover the entire floor so she made it, instead, a focus for her conversation group of chairs and sofa. A tall narrow buffet cupboard was built in against the wall of the dining end, and the Beckers are planning another built-in, to balance, that will house their TV, radio and record player.

Mrs. Becker had a lot of fun picking up inexpensive accessories that carried out the light, airy feeling she was aiming at—cane stacking stools for the TV area, a bamboo bird cage. *Continued on page 59*

SEE NEW WAYS TO USE OLD FURNITURE ON PAGE 48



Subtle, natural wood tones give this room its calm, serene character. It has exactly the same floor plan as the Beckers' (opposite page) and shows how much leeway modern home design allows for individual taste. Mrs. Henry Fliess chose African mahogany for the high wall panels, for the fine screen that divides living and dining areas and for the stair rods. Wooden strips emphasize the slanting ceiling line and the small, monotone Swedish rug plays up the contrasting tone of the polished floor.



*Marie Holmes
has coffee with
some good suburban cooks, hears
their special problems, and
with her Institute staff works
out a freezer shelfful of
ideas for good cooks everywhere*



Two things you just can't get along without in a suburb are a car and a freezer shelf. "We couldn't do our once-a-week shopping without a car," housewives in the smart Don Mills development near Toronto told me. "And we couldn't keep a week's supply

of meat and fish, or cook ahead, without a freezer shelf." In fact, one couple had to trade in their perfectly good five-year-old refrigerator because its small, old-style freezing compartment just didn't meet their new suburban needs.

But good suburban cooks don't always make the most of their modern, full-width freezer shelves. Freezing a week's supply of meat in one package makes meat for one meal awkward to get at quickly; careless storage wastes space. Housewives in some areas who find whipping cream difficult to get may not think of dressing up pies and cakes with ice cream—which stores indefinitely. Guests who drop in unexpectedly to see your new home are no problem if you have frozen snacks ahead. So here are Institute ideas to double the value of your freezer shelf. —MARIE HOLMES.

You Can't Cook Without a Freezer Shelf



WHAT YOU SHOULD KNOW ABOUT YOUR FREEZER COMPARTMENT

The freezing unit of the refrigerator is growing up. Not so long ago it was a compact little compartment where divided trays produced the novel luxury of ice cubes. It still produces ice cubes, but now it's a little private cold-storage plant. If you use it the way it's meant to be used, the freezer section is almost like having an extra cook and helper right in the kitchen.

Commercially frozen foods will keep six to eight weeks or longer in the freezer section. Store them with wrappings unbroken, immediately after buying.

Previously stored food should be brought to the front of your freezer shelf and used before your new stocks.

Once-a-week shoppers should buy for the freezer with the week's menus in mind. With good planning, the

freezer will hold a variety of foods to last until next shopping day and still leave room for extras.

Fresh meats, fish and poultry which are not to be used for several days should be prepared for cooking and placed in the freezer with least possible delay.

Small quantities of any food freeze better. Wrap just enough for a meal in each package. Label clearly with contents and date, and place in direct contact with floor or wall of freezing unit until frozen. Then stack.

Foods lose moisture during freezer storage if not properly wrapped. Use moisture-vapor-proof containers and wrappings made for the purpose.

Don't crowd the unit with bulky foods (large layer cakes, bread, roasts, fowl, etc.) except for short periods.



23 ideas that will help your freezer shelf to help you more



MEAT AND POTATO LOAF

Prepare meat loaf and freeze uncooked in two layers. Put frozen layers together with freshly mashed potatoes. Bake for $1\frac{1}{4}$ to $1\frac{1}{2}$ hours at 300 to 325 deg. F. If meat is thawed first, cooking time is 45 to 60 mins. at 375 deg.

MEATS

Meat patties or meat balls should be mixed and shaped before storing. Stack with two pieces, of freezer wrap between, to prevent patties sticking together. Wrap enough for a meal in each package. Freeze and label. May be thawed or not before cooking.

Individual cuts—steaks, chops, cut-up chicken and sliced liver—should be treated as above.

Dishes needing long cooking—stews, chili con carne, pot roasts—may be prepared in double or triple quantities and the extra servings stored in the freezer.

Large roasts or big turkeys are a good buy if you have a large freezer shelf. After the first dinner cool thoroughly, then package some in slices; make casseroles, curries, croquettes, etc.; wrap and store.

Commercially frozen fish is a good freezer item, but it isn't practical to freeze fish yourself—unless there's a fisherman in the family.

Least satisfactory for freezing are cured pork products, so don't load the unit with ham and bacon. Salt tends to hasten rancidity.



FROSTY ECLAIRS

Use ice cream from the freezer shelf to fill éclairs which have been split along one side. Spoon thin glaze (icing sugar and milk) over top of each and serve promptly. Experiment with different flavors of ice cream and glaze.

ICE CREAM

A large container of ice cream or sherbet kept in your freezer bridges many a gap. Try these:

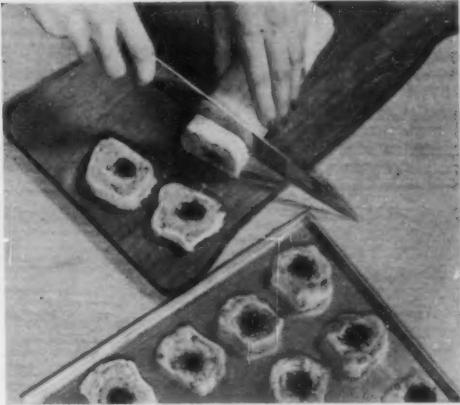
Frosty Peach Loaf: In an ice-cube tray lined with waxed paper, put a thin layer of sponge or angel cake, a layer of sliced peaches (and a little juice), another layer of cake, then a layer of ice cream. Repeat cake and fruit layers (cake on top). Cover with waxed paper and put weight on top. Leave an hour or more in freezer. Decorate with fruit.

Brownie Sundae: Serve scoops of ice cream on brownie squares. Top with chocolate sauce.

Meringue Melba: Serve a peach or pear half in a meringue shell. Add vanilla ice cream and cover thickly with raspberry purée.

Solid Sundae: Mix chopped maraschino cherries, nuts, raisins and preserved ginger into softened vanilla ice cream. Press into paper baking cups and harden in freezer.

Instant Milk Shake: Put 1 to $1\frac{1}{2}$ teaspoons instant coffee, a glass of milk and a scoop of vanilla ice cream in mixer or blender and whip up a frothy milk shake.



SAVORY PIN WHEELS

Roll plain pastry to a thin rectangle. Spread with mustard and savory meat paste. Place a row of small cooked sausages along one edge. Roll like jelly roll. Wrap and freeze. Cut $\frac{1}{4}$ -inch slices, bake in hot oven.

SNACKS

Bake two loaves of nut or fruit bread or extra muffins at one mixing, wrap and store in freezing unit until needed.

Cakes keep perfectly if there's room. Store loaf or square types; fillings may make cake soggy. Butter icings freeze best—chill before wrapping, unwrap before thawing.

Unbaked cooky dough can be wrapped and frozen in a roll. When needed slice and bake while still frozen.

Baked waffles, bought at your store and stored on your freezer shelf, can be quickly toasted for late snacks or quick breakfasts.

Yeast rolls, plain or fancy, go from freezer to oven and emerge light, fresh and hot.

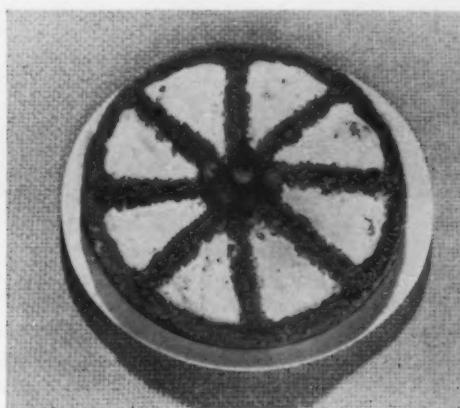
Freeze sandwiches made up ahead of time. Use meat, chicken, fish or cheese fillings. Butter bread to prevent filling soaking through and go easy on mayonnaise. Don't freeze lettuce, tomatoes, cucumbers or sliced eggs.

Potato chips keep fresh in a freezer unit; so do popped corn, crackers and salted nuts.



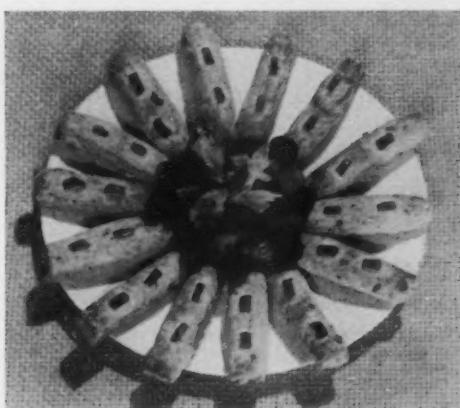
BRAISED STEAK DINNER

Shoulder steak, flavorful and inexpensive, goes right from freezer to frying pan. Freeze in each package only the amount needed for a meal. Wrap carefully and label. To cook, brown and braise with vegetables until tender.



STRAWBERRY ICE-CREAM PIE

Make a 9-inch crumb crust from graham crackers. Chill. Work 1 package mashed, thawed strawberries into 1 quart ice cream. Fill shell, decorate with crumb mixture. Store in freezer. Top with whole berries before serving.



QUICK CHEESE FINGERS

Add grated cheese, chopped sautéed onions, a dash of sage to dry biscuit mix. Make biscuits as directed. Shape in fingers, top with pickle, bake, cool, wrap and store in freezer. Reheat and serve piping hot with relishes.



That problem child next door

*Every suburban mother knows it's always
the youngster next door who starts
the fights. Here's some sound advice on
how to keep peace in the back yard*

By FRANCES L. JOHNSON



Refereeing fights isn't enough. Mothers need a neighborhood plan of discipline and supervision.

WHEN CHATELAINE talked to suburban housewives, one perplexing problem kept cropping up in interview after interview. The problem concerned the children. Many mothers were indignant about it. Some had an attitude of tight-lipped resignation. But most of them were baffled because they felt the real cause of the trouble was something they couldn't do a thing about. The problem concerned another mother and another child—the child next door.

One mother's story went like this: "We moved out here when our second baby was coming. We lived in an apartment before and Bobby, our two-and-a-half-year-old, had never played with other children. He's a very gentle little boy and he's crazy about other kids. We thought it would be wonderful to get him outside in the fresh air with little friends his own age. But the first morning I sent him out with his new shovel and pail, that kid next door grabbed it away from him and hit Bobby on the forehead. It took three stitches to sew up his head and he'll probably carry the scar till the day he dies." Her voice trembling with indignation the mother added, "That child's mother hadn't even taught him not to hit other children with sharp toys."

And this was another story: "Jackie was so happy when I told him there was a new little playmate coming to live next door. The first morning I sent him out and two minutes later he was back at the door covered in mud from top to toe. The new little playmate had pushed him in a puddle. He doesn't speak too plainly and maybe the other kid didn't understand what he was saying, but what a thing to do! Mind you, I like children but I just can't work up any affection for that child next door no matter how I try. I know I shouldn't blame the child. It's his mother's fault, of course."

Now the strange fact about these stories is that the two women live side by side and "that awful kid" next door—that junior Frankenstein's monster in a snowsuit—is their own child, but viewed from a different kitchen window.

The small-scale hot war going on in suburban back yards is not a new phenomenon. The neighbor's children have always been a source of *Continued on page 50*



Golden goodness...

Delicious chicken flavor in every satisfying spoonful! Plump pieces of chicken, tender egg noodles, slowly simmered in rich chicken broth.

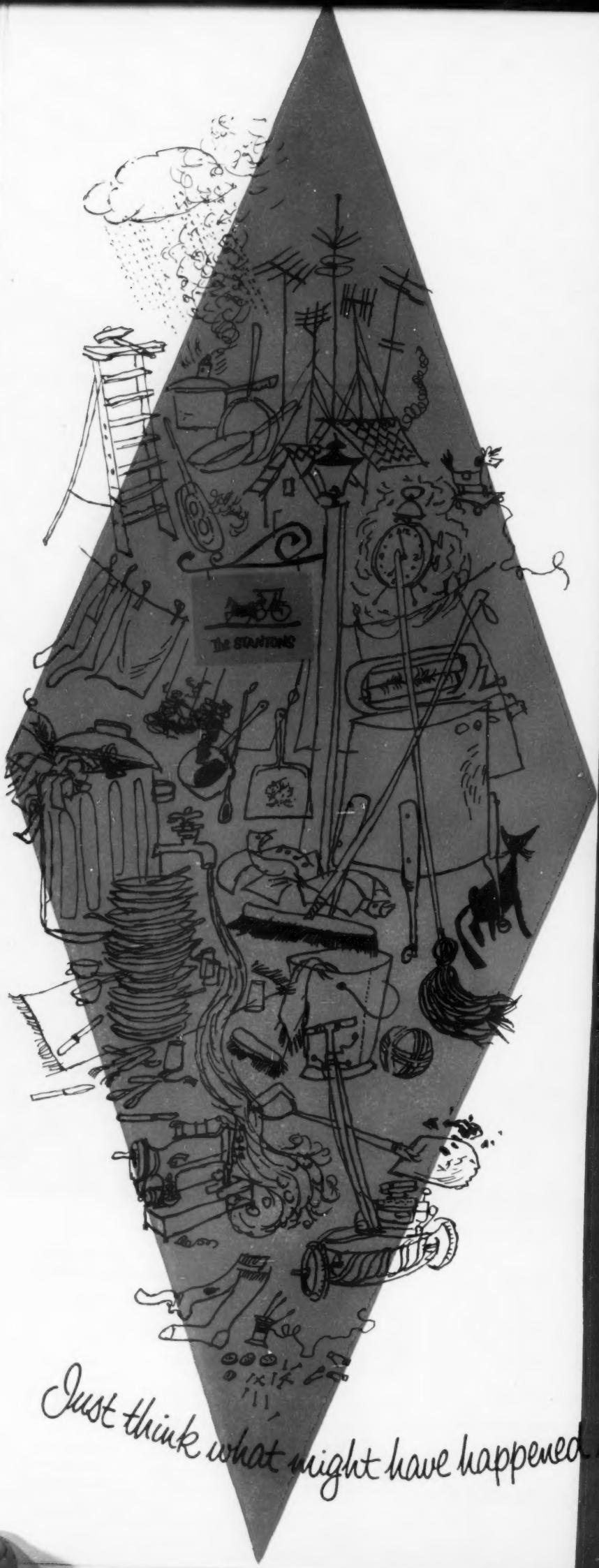
It's a heart-warming soup the whole family will enjoy—anytime. Be sure you always have some Campbell's Chicken Noodle Soup on your soup shelf.

Campbell's Chicken Noodle Soup



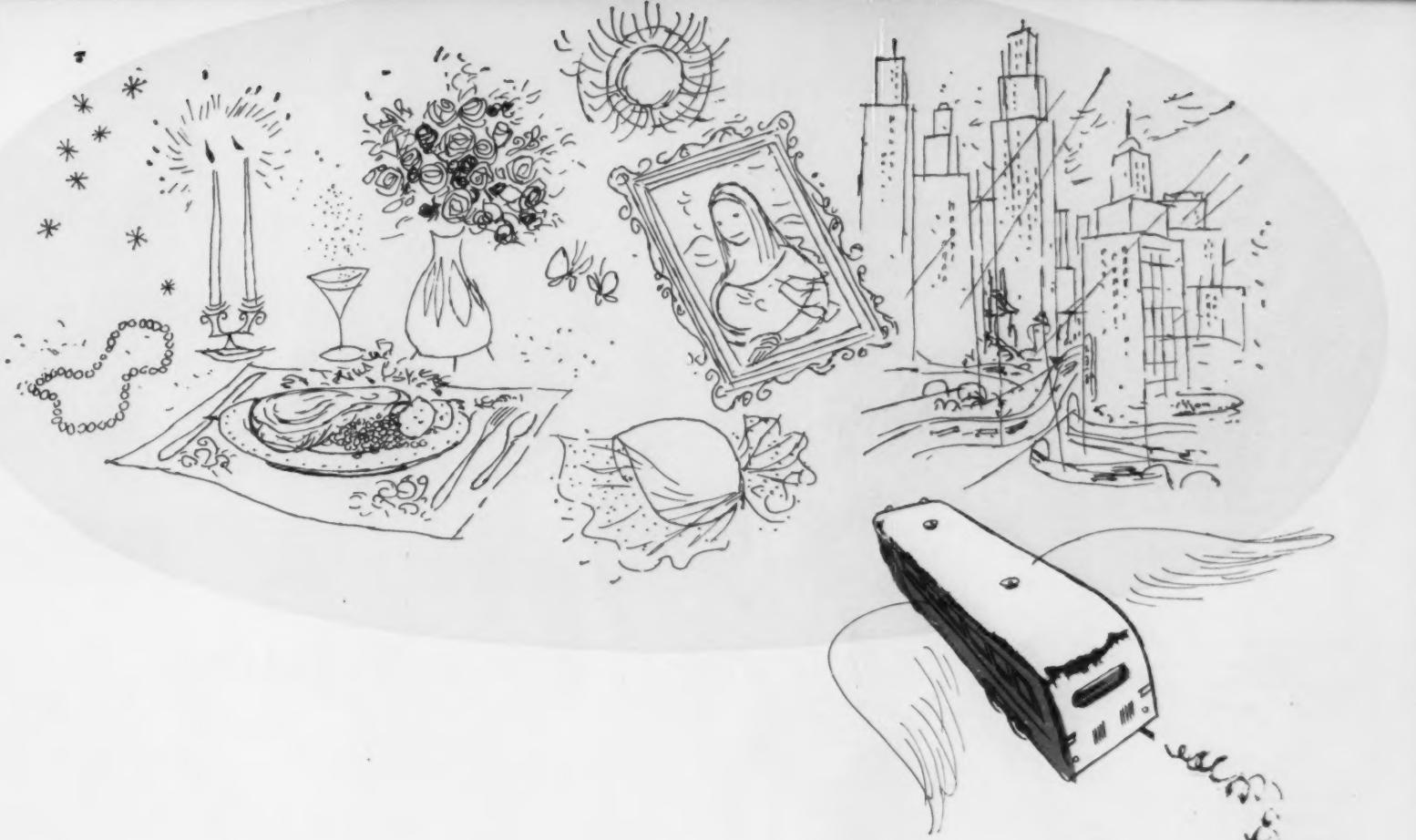
23 kinds to choose from.
How many have you tried?

Asparagus (Cream of)	Mushroom (Cream of)
Bean with Bacon	Onion
Beef	Ox Tail
Beef Noodle	French Canadian Pea
Bouillon	Green Pea
Celery (Cream of)	Pepper Pot
Chicken (Cream of)	Scotch Broth
Chicken Gumbo	Tomato
Chicken Noodle	Vegetable
Chicken with Rice	Vegetarian Vegetable
Clam Chowder	Vegetable-Beef
Consommé	



Just think what might have happened if she hadn't come into town for
ever





LAST BUS TO HAPPINESS

By Barbara Sherman • Illustrated by Oscar

There is a Forest Acres where you live, out on the edge of town. Once not so long ago the local dairy cows grazed there and worn-out jalopies rotted in the sun. Then one morning you woke up, rubbed your eyes, and Forest Acres had sprung into the world, like that old Greek goddess who leapt full-grown right out of somebody's head. No gradual spreading out of the town, a house here, a house there; the Merritt Brothers' organization was too efficient for anything as haphazard as that. They bought their tract and before you could say NHA there were the Forest Acres Streamlined Homes, Modern Colonial Ranch Houses in Style A, the Standard, and Style B, the De Luxe (three bedrooms and carport).

The Development, which was what you called it if you lived there, had a supermarket for every two thousand in population, a movie theatre for every four. A certain firm of advertising analysts had done an extensive survey

on Forest Acres. They could tell you that the average male was between twenty-six and thirty-six years of age, a veteran, married, owning three quarters of a car and four fifths of a television set, that the city would have to build an entirely new school by 1956 to take care of their 2,683 children who would then be of school age, that it was a potentially good market for garden tools, lawn seed, playpens and \$10.95 dress copies, and a potentially bad market for electric pads, elastic knee supporters and sixty-five-dollar originals.

But who cares about statistics—it was spring! Mary Stanton could smell it when she kicked open the back door with her foot to hang out the wash; not the lilac and violet smell that means spring to people who live in the city and only read books, but the intoxicating exhilarating smell of a half-spaded garden and the bag of fertilizer Bill would spread *Continued on page 38*

the day. And what if she had been sensible and noble when confronted with temptation?



L'AIR GAMINE

That hint of mischief in her eyes...

the touch of swagger in her step...

that may be the soul of a nymph

shining through—or just the joyful,

almost bare-foot comfort

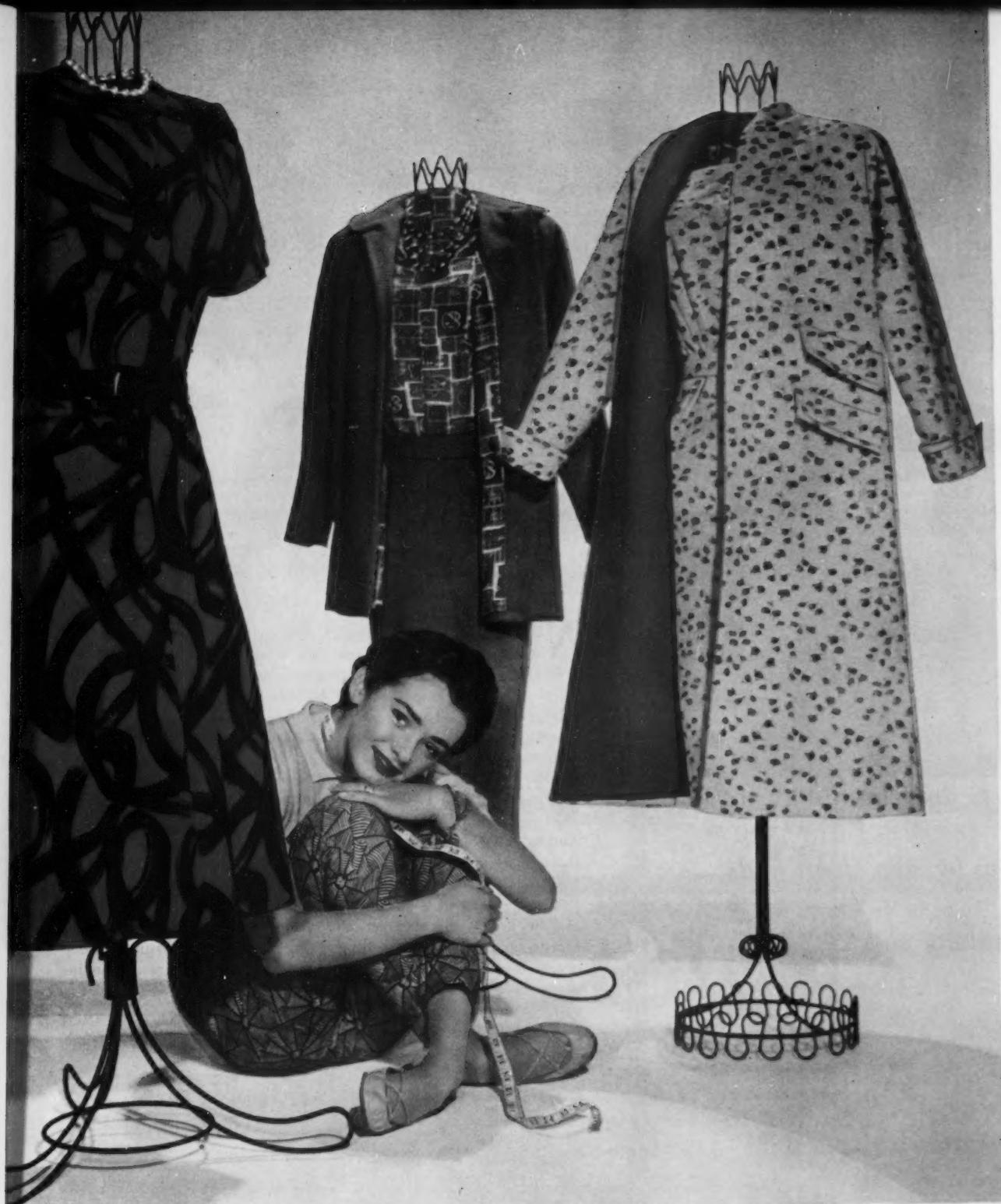
of her feather-light

Golden Pheasant Shoes.

Golden Pheasant Shoes

Priced \$14.95 and up

Created by GEORGE G. HODGES LIMITED, MONTREAL



Left: Printed wool for a dress with easy lines, smooth, round neckline. No. 4894, sizes 12-20. 50c.

Joan wears tapered Capri pants, in wool crepe etched with black cobwebs. No. 4464, sizes 11-18. 35c.

Centre: Beige fleece skirt and jacket. Nos. 4254, 4797. Coat lining echoes wool blouse, No. 4815.

Right: Fine jersey, shaped into a sheath dress and a slender coat. No. 4557, sizes 11-18. 50c.

*Patterns by Simplicity.
Clothes sewn by
Singer Sewing Centres.*

Joan Learns to Sew and Save

For spring, Chatelaine's teen-age model chooses soft, casual dresses and her beloved Capri pants, and cuts them all from the season's newest favorite—mouth-melting printed wool

BY ROSEMARY BOXER
Chatelaine Fashion and Beauty Editor



FOR JOAN'S OTHER CHOICES, SEE THE NEXT PAGE



"First pin pattern together and try it on to check the size," the teacher tells Joan. To shorten it, pin a fold in the pattern where specially marked. To lengthen, cut in the same place and extend the two pieces.



Joan cuts the pattern next. Before cutting, she lays the pattern pieces out on the material, placing them on the bias or on the straight of the fabric, according to the pattern chart, and pins them in place.



She transfers the pattern markings to the fabric, using tailor's tacks and chalk. These show where the darts and tucks will be. She bastes and then sews the darts, tucks and seams—again following the pattern chart.

JOAN LEARNS TO SEW AND SAVE. (Continued)

*Learning to do everything
step by step, Joan finds
good dressmaking easy*



NOW, as the new year swings into spring, chances are that your thoughts turn clothesward. But whether you spend your days toiling over a typewriter or over a kitchen stove, the odds are that money is apt to be the limiting factor. Especially if, like Joan, the schoolroom is where you spend your working hours—and your clothes' budget, as you laughingly call your weekly allowance, seems strangely out of touch with your wardrobe's wishes.

The answer is to make your own clothes. But to Joan, who admitted with engaging honesty that she'd never even hemmed a pocket handkerchief before, this seemed an impossible task. Far from it, we told her. And to prove our point, we took her along to one of the sewing centres that are set up across the country. Here we show how she learned the first basic steps toward becoming her own skilled dressmaker. We show you, too, eight outfits all made from Simplicity patterns, all as simple as ABC to sew and all practically certain to give a bright shot in the arm to your own spring wardrobe. For fabrics, we used this season's newest love—printed wools, in a wonderful galaxy of mouth-melting shades and hectic designs.

So given the ability to put one stitch in front of the other, there's nothing in the world to stop your making your own wardrobe this way. Nothing, that is, except time, some training and patience.

Order from your Simplicity pattern dealer or from the Pattern Dept., Chatelaine, 481 University Ave., Toronto.



Joan removes bastings after inserting zipper. She basted side seam together along placket opening, pressed seam open and basted zipper inside over basted opening. She then stitched zipper in place from right side.



Teacher shows how skirt marker is used. She told Joan to stand firmly on both feet and adjusted marker to right height. When the bulb is pressed, a chalk mark is sprayed on the skirt where hem is to be turned up.



Stitching the skirt hem is the final step—in this case it's a narrow, rolled hem. Joan uses sewing machine with a blind hemmer, but this can be done by hand with small, even herringbone or hemming stitches.



Bermuda shorts, knotted at the knee and definitely making news when cut from fine blue wool with a Paisley print. Simplicity Pattern No. 4255, sizes 12-20. 35c.



This dress couldn't be easier—falls straight from the shoulders, with the waist belted in. In printed wool crepe. Simplicity Pattern No. 4849, sizes 12-20. 35c.

Sepia leaves strewn on slate-blue fleece—and a princesse coat that curves in at the waist, out over the hips. Simplicity Pattern No. 4836, sizes 11-18. 50c.



The simple shirt dress — no seams at the waist, no placket to bother you. Black-printed, pumpkin wool jersey. Simplicity Pattern No. 4771, sizes 10-16. 35c.



Chatelaine says

MAKE IT FROM A PATTERN

"With Spring In Mind"

*Separates swing in . . . newly fresh
in prints and pastels . . . suddenly
as sure-fire as sun and blue skies*



*Order from your Simplicity pattern dealer
or from the Pattern Dept., Chatelaine, 481 University Ave., Toronto.*

A scoop-necked blouse with a high, curving midriff, puffed out sleeves and all the lighthearted appeal of a Spanish flamenco. Pattern No. 4929, sizes 11-18, price 35c. Below it, a skirt, that descends in three tiers, to swing out wide and full over many petticoats. Pattern No. 4976, waist sizes 23½-30, price 35c.



OLSON

Making a fresh and pretty appearance—the shirtwaist blouse, bibbed and befrilled with lace; just-below-elbow-length sleeves, ending in fly-away cuffs. Pattern No. 4883, sizes 12-20, 35c. With it, a skirt that describes a full circle; is specially marked "simple to make." Pattern No. 3813, sizes 24-32, 35c.

It looks like a dress—is actually a blouse and skirt. The former is sweet and frilly, with rows of lace and a little round collar. Pattern No. 4882, sizes 12-20, 35c. The skirt springs out from the waist in a circle of unpressed pleats. Pattern No. 4927 (includes a wide cummerbund), sizes 24-32, 35c.

HOW TO LIVE IN A SUBURB

Continued from page 13

about children. Suppose you don't want to start every party with good old Charlie and Margie Brown at the top of the list. Suppose you don't like your next-door neighbor walking in on you at least three times a day with no warning except a hearty "Hi" as she kicks open the door. Suppose you're bored to the breaking point with the meandering kind of conversation that goes with the *Kaffeeklatsch*, in which everyone throws in an anecdote or two and at the end you feel you've swallowed a tubful of pablum?

Well, theoretically you could withdraw from the whole setup, keep to yourself. But you know that would be impossible. Then you would become a curiosity, and an even greater source of interest. Your children would be singled out as the odd offspring of odd parents, and after all you moved out to Suburbia for the children, didn't you?

Besides you can't move anywhere else. You've mortgaged yourself down to your last dollar for this house and the life that goes with it. You can't wipe it off as a mistake and go back to living with in-laws or in a crowded apartment.

Well then, what can you do?

In any community since the beginning of time, there is gentle but firm pressure toward conformity, toward the average. The only place where this law doesn't apply is on a desert island inhabited just by you, or smack in the middle of a very big city where your neighbor doesn't care if you're alive—or dead for that matter.

Bedroom Curtains Were Bad

In suburbs as they exist all over Canada the law is exaggerated. The main patterns of conformity were fairly rigidly laid out right from the start. Most of the people in any given suburb fall into the same income group. They often have the same kinds of jobs. They're roughly in the same age group. Old people and teen-agers are rare. There are no Negroes, Chinese. Non-English-speaking families are the exception. There are no slums, no "big" houses, no wrong side of the tracks. Women raise their children by the same baby book, listen to the same radio programs and eat more or less the same kind of food. Everyone is working to improve the property. Slackers who don't cut their grass and keep the place painted become pariahs.

One family who rented their living room to help swing the monthly payments were almost snubbed out of the community, although several people on the same street had tenants in their recreation rooms. "Those bedroom curtains facing out on the street looked bad—pulled down the level of the whole neighborhood," was the reason given.

Much of this pressure toward conformity you approve of—it produces the kind of neighborhood you want for your family. Having sunk your all into one fifty - by - hundred - foot plot you justifiably don't want property values decreased by someone running a boardinghouse. You moved to the suburbs to get the kids away from smoke, dust,



WARNER'S "Merry Widow"

FOR THE ESSENTIALS OF
FASHION'S NEW FIGURE!

Fashion has spoken! The new relaxed line is the line your figure will follow. Warner's "Merry Widow"—the most fashion-wise garment in all "Foundation-dom"—escorts your curves most cleverly.

Remember, the bust is rounded, not abolished. The strapless bra leaves bust and shoulders wonderfully free from pressure...is easily adjusted for the right uplift. Waist pinching is out. Your smooth midriff melts into a shaped natural waistline. The smoother hipline needs the comfort-control of these gently persuasive fabrics.

Warner's "Merry Widow" (Style 1311) looks and feels lovely in embroidered nylon marquisette and nylon mesh elastic. See it in white and black at better stores, or be expertly fitted for either of these two other clever Warner corsette styles. All Warner's garments are made of the best materials...and the price of Warner enchantment is one you can afford to pay.



Feather-light boneless corsette in the "Angel" group of stretchable garments. Bust top of embroidered nylon marquisette. White only. Warner's style Y3330.

A longer version of the "Merry Widow" in nylon Alencon-type lace and elastic marquisette. Turn-down bra cuffs. Comes in white or black. Style Y3322.

®Trade Mark Registered



Always look for this label...your assurance of the utmost in corsette comfort.

Warner's Bras...Girdles...Corsettes
Parisian Corset Mfg. Co. Ltd.
Quebec • Montreal • Toronto

traffic, crowded apartments with no place to play, and into an environment where they would be mixing with children like themselves.

"But," protested one mother, "I don't want to turn them into narrow-minded little copies of all the other children on this block. Mary doesn't know what it's like to ride on a streetcar. She can't imagine anyone not owning a car. Young Bill embarrassed me terribly the other day when we were downtown buying shoes and he stared in astonishment at a Negro. In spite of all the things they have—books, radio, TV—they are growing up in a kind of middle-class cocoon. They not only don't know how the other half lives—they don't know how anyone lives outside of Sunnyvale Acres."

In other words, if you are not on guard against the tendency, your suburb can turn into a sort of negative democracy where everyone is as good as everyone else because everyone is *like* everyone else and smugly proud of this white man's white-collar community.

This is where you and your husband begin to show what calibre of parents you are. You can no more raise your children in a small suburban community and expect them to grow up with a broad outlook, with no extra help from you, than you can dump them into our school system and expect them to come out with a first-rate education with no extra help from you. Suburbia will provide them with fresh air, reasonable safety while crossing the street, and a back yard to play in, but you have to face the fact that Suburbia is not an environment rich in experiences to stir a child's imagination.

You're going to have to go to the trouble of taking Mary for a streetcar ride. You're going to have to point out to both Mary and Bill that the rest of the world who don't live in Sunnyvale Acres are not inferior or funny but merely different, and there's nothing terribly wrong with being different. You're going to have to work hard explaining to them about racial intolerance.

Chatelaine Needlecraft



KNITTED LACE ON LINEN

Design for knitted lace edge, two inches wide, to fit white, hemstitched, Irish linen tray cloth, 12" x 18". No. C184. Instructions and mat, \$1. Hemstitched runner, 16" x 35", to match. Each \$2.

Please order from Mrs. Ivy Clark,
Chatelaine Needlecraft Department,
481 University Ave., Toronto, Ont.

For more needlecraft ideas write for new
free catalogue.



SUSAN HAYWARD starring in "UNTAMED", a 20th Century-Fox Production in CinemaScope

COLOR BY DE LUXE

"I believe in Lux for a
lovelier complexion"

Susan Hayward

"Yes, Lux Soap is my soap and has been for years," says enchanting Susan Hayward. "I find Lux facials really help me keep my complexion at its best, every day. Once you use Lux, I'm sure you'll depend on it, too, for smoother, fresher—lovelier skin."

Daily Lux Toilet Soap facials do tone your skin like no other beauty soap care. Start your Lux facials today—and soon your mirror will reflect a more romantic complexion, so soft and excitingly young. Lux is Hollywood's favorite beauty care. Make it yours—and thrill to a wonderful new beauty.



9 out of 10 Hollywood Stars use Lux Toilet Soap

Feather Foundation

A light non-drying creamy liquid—to give the skin a radiant underglow and a lasting matt finish. In three shades.



Yardley Lipstick

There's a new soft brilliance about the longer-lasting Yardley lipsticks. Nine fascinating colours.



enhance
your loveliness with
YARDLEY
make-up

Yardley Powder

Blended to cling lastingly, flatter sweetly. Choose your colour from nine lovely tones.



ance. It's easy to give lip service to this subject but when children hear their parents talking about other people in the same community and criticizing them on such minute details as table manners or how many times a woman washes her bathroom floor, how can they be expected to understand people who talk with a funny accent and have a completely different culture?

But aside from the children, what about you yourself? Will you quietly submerge under a sticky puddle of coffee and gossip?

You don't have to. Many housewives in suburbs have thought and acted their way into a much richer, varied life than they had ever known before. For Suburbia is the best opportunity Canadian women have ever been handed. Its newness is a big plus factor.

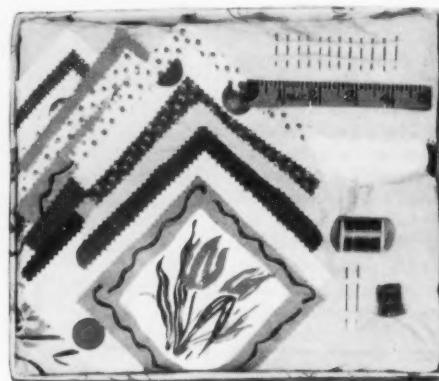
There it is—bare as a clean page, with no old established traditions to hamper you, and filled with young people like yourself, loaded with enthusiasm and energy. For most of the day while the men are away at work the women run the community. After the bulldozers have pulled out, the spade-work to make a real community out of your particular collection of houses has to be done by you, the homemakers.

You can take part in community life in a big way or in a small way. Get

into community life in a big way and you'll find you have earned your right to be different, if you want to be different in smaller and more personal ways.

At this point you may be snorting, "I suppose the answer is clubs! But clubs are even worse gossip dens than coffee parties!" It's true that gossip and backbiting and smallness don't automatically stop when people join clubs. But gossip is the pastime of idle people and in a dynamic group there is too much to do to leave much time for gossip. There is less desire to discuss Mrs. Jones and her strange ways of raising children and keeping house when you both are worrying about how to divide the town's recreation grant to cover all the activities in your program. Besides you'll find if you meet Mrs. Jones on a community rather than a back-fence level, you will view her from a refreshing new angle and find unsuspected talents and qualities which you wouldn't discover in twenty years of peering at her over the rim of a coffee cup.

If you have the courage to stand by your own convictions and tastes you will find that there are probably other people right in your block who are as eager to shrug off lazy conformity as you are. But if you slavishly conform to the



QUILT KIT FOR A SMALL MISS

A doll-sized gift you assemble and she herself sews

Most of those fascinating hobby kits you can buy for children are made to appeal to boys—car, boat and plane sets. Why not let the girls be creative, too, and make up this sewing kit for them? You likely have the materials right on hand, but if necessary you can buy everything for under 70 cents. To hold the kit, use the bottom of any large candy box and cover it with colored paper. For backing for a quilt size 16 in. by 20 in., cut a piece of factory cotton 18 in. by 22 in. Then cut a rectangle of quilt batting 2 in. smaller all around. Fold the piece of batting inside the backing and put them in the box. With pinking shears cut 20 colorful patches 5 inches square from scraps of material you have. Arrange them on the backing. Add a tape measure, thimble, a spool of cotton, a row of pins and two needles. Cover the kit with Cellophane, scotch-taping the ends neatly underneath.

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Brilliantly designed...
delicately coloured...
beautiful TOOTAL fabrics

Only TOOTAL fabrics have this guarantee:-

THE TOOTAL GUARANTEE: "Should dissatisfaction arise through any defect whatsoever in the material; Tootal will replace it or refund the price and pay the cost incurred in making up."

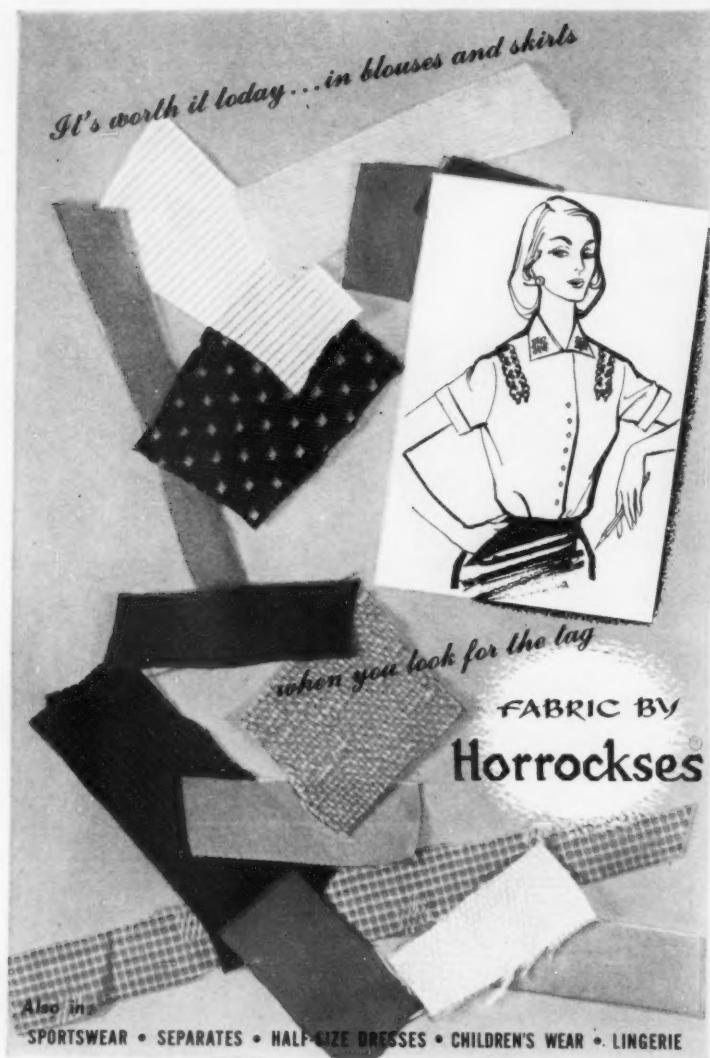
And look! In Canada you can now buy dresses in Tootal fabrics, inspired by the world's top designers and made by Nadler Bros. of Montreal. Write for information and brochure to Dept. 75, Broadhurst Lee Co. Ltd., 1470 Peel St., Montreal.

wise women say—for quality the best fabrics in the world are made by...

TOOTAL

REG'D

The TOOTAL fabric in this picture is BROCATIS — marked TEBILIZED for tested crease-resistance.



Are you THE WOMAN THAT NOBODY SEES?



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Ask for professional applications at your beauty shop

general level, you will never find these kindred spirits. If you take an active, positive part in your particular piece of Suburbia, you will discover unsuspected talents and interests yourself—and what is even more surprising, that there are other people with the same desire to find new satisfactions in community projects.

Help in a Crisis

One mother took her little girl over to join a newly formed Brownie company. When she got to the church where the troop was meeting, she found one harassed leader trying to cope with forty little girls. This mother took off her coat and pitched in to help. Now she is the Tawny Owl for the company and in this new role, which she never dreamed of filling six months before, she has found a new interest and is learning a lot about children in the process.

Another woman who had always helped her husband run his ambulance business by taking incoming phone calls, felt lonely when they moved to a suburb. But instead of allowing herself to become unhappy about the situation, she organized a volunteer baby-sitting service. "My telephone rings on an average of every ten minutes," she reports, "and I love it." She has also developed a tremendous respect for her neighbors. "I never realized just how much real kindness people are capable of until I see some woman in a crisis—say a baby arriving six weeks before it's due. The

way the neighbors rush in to help renews your faith in humanity."

Another mother reports, "My husband and I moved out to the suburbs because we both had grown up in small towns and we wanted the same kind of community feeling for our children." This couple knew this kind of community spirit doesn't come ready-made like the street plan. They knew they had to work at it. To begin with both of them started organizing a church service to be held every Sunday in one of the schoolrooms. Then the wife and two other women started holding Sunday school in the living room of her home with as many as thirty children attending.

"You can start any kind of a club you want," reports another woman. "It's amazing how many other people you'll find have always wanted to learn Spanish or smocking, or form a Citizen's Club." But one piece of advice everyone stresses, is that you must have a definite program right from the start. There are so many demands on everyone's time that the project has to take off fast or it will be in grave danger of never getting off the drafting board.

To sum it up, Suburbia is as big or as confining as you make it. It can become a tiny, little world as narrow as the view you get from behind your kitchen curtains, or it can become a rich, warm environment in which you, your family and your neighbors can all do a lot of growing. *



Look for this Seal

When you shop you will see the Chatelaine Institute Seal of Approval on many household products. It may be printed on a package of food or cleaning aid. You can expect to find it on a tag attached to electrical appliances and kitchen tools. You will see it in store windows and in your favorite advertisements. You will hear about it on radio and see it on TV.

Wherever the seal is used or mentioned in connection with a product, you are assured of fine quality and performance. Before being awarded the seal, any household product must pass rigid tests by Chatelaine Institute.

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So buy with confidence when you see the Chatelaine Institute Seal of Approval on food products, or any supplies or equipment for kitchen, laundry, bathroom or house-cleaning. To get the seal, a product *must* be good. Look for it as your shopping guide.

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... Her loveliness I never knew

Until she smiled on me:

Oh! then I saw her eye was bright

A well of love, a spring of light.

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it is forever the favourite
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LAST BUS TO HAPPINESS

Continued from page 25

next week end. She was humming through the clothespins in her teeth not just because it was April and she could feel the sun warm on her back but because it was the last Thursday in the month, that special day ringed in red

when she got in the local baby sitter, went into town, and met Bill for dinner.

For twenty-nine other days in the month she arose, put on the cotton house dress that so successfully concealed the fact she had once had a job as a model, got breakfast, ran the vacuum, picked up the toys Bill II threw out of his playpen ten times to the hour, got lunch, did dishes, got dinner, did dishes, took off the cotton house dress and fell into bed. But today at exactly ten to twelve she would pick her way through the

scattered toys, walk up the three steps to the master bedroom, and put on her good black with the pearls.

She had reached the end of one clothesline and was coming back on the second. This would be a two-line day, the day she was in a hurry. If only Bill II had not wet his pants which he was supposed to be all over now that he was two and two months, this day of all days.

At last. She threw the extra clothespins into the bottom of the empty

basket with a thud. She dropped it on the back porch as she opened the door into the house and wiped her hand on the paper towel hanging over the sink, without even taking time to tea off the used portion and stick it in the wastebasket. As she walked quickly across the living room she glanced at Bill II. He was rocking contentedly back and forth in his pen chewing both forefingers—the practice run for his daily ration of hamburger, baked potato, mashed-up carrots, ready in the kitchen for the sitter to warm up.

Now where on earth was the Little Black Book?

Mary reached into the four pigeon holes in her desk in rapid succession. Probably somewhere in the lower strata, under the receipts for last month's bill; or maybe, she hoped not, under all those loose pictures she hadn't had time to stick in the album. The Little Black Book, like the oracle, had to be consulted before any major expedition. The answers to all important questions, such as could she or could she not buy a crinoline to wear under her black taffeta skirt, were all in those neat rows of figures.

Mary was very proud of that Little Black Book, especially because before she was married she had never kept track of anything. She had simply spent her allowance in large lumps until it was gone and then written one of several cajoling letters home which brought back cheques from father by return mail. But you had to keep track these days, what with the price of everything going up, either that or wait until you were old and grey to get married.

"There isn't a meaner gal with figures," Bill would say frequently, "and I do mean mean. She won't even let me buy an extra pack of cigarettes." Mary had had to be pretty firm with Bill about the budget. Every once in a while he did such unpredictable things, like the night he burst into the kitchen and said, "The Jukes and the Stantons are born half-wits. I forgot to go and get those flower seeds you asked me to."

"As this year's chairman of the Garden Section that leaves me right over the barrel. I'm going to wait until you're asleep tonight and then creep over and slit your throat."

Bill had looked over at Bill II in his high chair and winked and then he had leaned over toward him and said confidentially behind his hand, "Women are like that, son, little things upset them. But there is a way to deal with these crises! Here!" And with that he presented a square box which he had been holding behind his back.

She hadn't been able to say anything. Honestly she had tried but nothing would come out. She had just untied the string and when she lifted the lid the expression on her face must have answered for her.

"But don't you like camellias, angel?" he had asked with such a hurt look on his face, and then he had slammed out into the night and hadn't come back until after she was asleep. She had found the camellias on top of the ash can the next morning.

It was all a legend, an old wives' tale, that men were the practical ones. How would all the Astorbils have become Astorbils if some little woman hadn't managed to keep a strong grip on the purse strings and save the original

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by Lou Ritchie

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stake out of the grocery money? Not that all those early citizens could have been as impractical as Bill. They wouldn't have bought camellias at two-fifty apiece. Or stopped suddenly on the way to Mama Angelina's for the dollar-ninety-five table d'hôte, as he had last month, and said, "Turn around!"

"And why?" Mary had asked in amazement.

"Because just this once we're going to the Ardmore Roof."

"And put a second mortgage on the house?"

"But you look beautiful in blue, angel, and girls who look beautiful in blue should be going where there are tables on the terrace and soft music."

"Remind me to take you up on that invitation some day," she said, "say the day you are elected president of the company."

"A hundred other guys in United Oil think they are going to get to the top, too, and we weren't all born to be president," he said with a tense look around the jaw.

"You were," she said.

His face broke into a broad smile. He had taken her by the shoulders roughly and kissed her regardless of the fact that the lights had changed and four lanes of buses and taxis were blowing at them. He had looked straight down at her from his well over six feet and said, "Dream big, angel, you go right on and dream big."

"Meanwhile," she had said, turning him around firmly, "we go to Mama Angelina's." She was proud of being firm, because she had had to suppress a little pang of disappointment that they couldn't—they simply couldn't—let go and splurge at the Ardmore Roof. Any more than she could let herself buy the silly, gay tangle of beads everyone was wearing these days or the new, nude-looking sandals that would show off her pretty ankles. Before she was married, she would have, but those luxurious touches would have to wait now.

Some day they would come, of that she was sure. Bill had had two raises within the last year and next month when the new supervisor for the department was chosen it might be Bill.

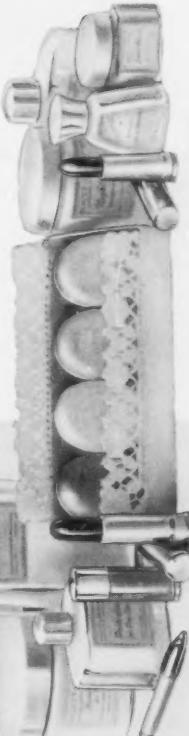
But that was next month and this was this month, and one of the rules was you only spent what you had now, you didn't spend what you might have next month, maybe.

Mary took a scratch-pad and a pencil and began to add. There was \$5.85 saved on food from the amount that indispensable volume, How to Live On Your Budget, allowed for their salary bracket. She had washed the sheets herself this month instead of sending them to the laundry, that would be \$4.34 more. Repairs, she could allow approximately \$8.00 there because Bill wasn't going to have time to replaster the cellar steps until next month. With the \$2.00 she had found tucked in the pocket of her last spring's pocketbook and this month's allotment for recreation, and deducting \$6.20, including carfare, for the sitter and \$5.50 for dinner, including tip, well, she didn't have time to check it, but if she had added right there might even be enough left over for the new grill they had been wanting for the barbecue.

Mary dropped the Little Black Book in her pocket as the doorbell rang. Mrs. Babcock, bless her, was on time for

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once. Usually she arrived winded, having missed the bus or having had an unexpected call from out-of-town relatives.

Mrs. Babcock, a complacent age which had already raised two families, her own and her daughter's, came in carrying an assortment of knitting bags, books from the lending library and the morning paper. This was an accomplishment Mary had never been able to duplicate, keeping an eye on Bill II and doing anything else simultaneously.

"And how is my cherub today?"

Mrs. Babcock poked her head around the door and pretended to play peek-a-boo with Bill II in his playpen.

"Well, so far this morning," Mary answered, "your cherub has broken my pet Italian-ware ash tray, walked across the living-room rug with the soap flakes turned upside down and pulled all my canceled cheques out of the bottom desk drawer."

Mrs. Babcock smiled indulgently. "He's always a cherub for me!"

As Mary ran across the hall unbutton-

ing her house dress, she wondered what there was about mothers that seemed to bring out the worst in children.

She looked at her watch. If she were going to make the twelve-thirty bus she would have to make a fast change. Sometimes she blessed her early training as a model for H. Bingham and Co. It enabled her to zip up a zipper, brush her hair, smooth down her eyebrows, and put on her shoes in what amounted to a single operation. She leaned forward momentarily on her arms

and looked critically into the mirror. What she saw was a tall girl, still slim at the waist, with a pointed face and soft brown hair cut in what some years they call wind-blown and last year an Italian haircut.

"The trouble with you," she said half aloud to the girl in the mirror, "is that you're a dime a dozen. I meet you coming and going. What you need," she finished up as she put a small black hat on the back of her head, "is something new, something with—" She snapped her fingers. She and the face smiled at each other over their private joke.

She picked up her pocketbook and started toward the door. "Whoa!" she wheeled sharply and ran back to the bathroom for her white gloves which were drying on the towel rack. She walked quickly down the hall.

"Good-by!" she called over her shoulder at Mrs. Babcock who was holding Bill II on her ample lap to his entire satisfaction. "There are some of those stewed winter pears you like in the refrigerator."

The noonday quiet hung over Meadowcroft Road. Earlier, during the eight-o'clock exodus of bread-winners and school-age children, there would have been plenty of people to wave to as she walked toward the bus stop. Or later, after the five-o'clock return, when the sprinklers were being turned on and the leaves raked. But now, like any suburb at this time of day, it was as deserted as an Indian camp with only the squaws and the babies left behind.

The bus pulled up just as Mary reached the stop. She found a seat and sank into it gratefully. The one redeeming feature of having to hurry was that it was so wonderful when you could finally sit down. She breathed a sigh of pure contentment and slipped her feet out of her black pumps. She leaned back in the seat and surveyed the whole bright beautiful afternoon that lay ahead.

What would she do first? She reached in her purse for that clipping from the morning paper, "Special Purchase Moulin Rouge Can-Can Crinolines that give a lift even to last year's dress." She looked out of the window and had the loveliest dream. She was standing in the petticoat department of Bingham's saying, "I'll take it in both the pink and the blue, and charge it please, and feeling so completely and utterly extravagant. She came back with a start, and took out the Little Black Book to bring her down to earth. She tore a blank sheet out of the back and drew a wavy line down the middle. Over the left-hand column she wrote "Have To." Under that she listed in the order of their priority:

Barbecue grill—shop around for
Go to Bingham's and change Bill's
birthday shirt to 34-16
Ditto — and see if cake plate I
broke is open stock
Ten-cent store—white socks for Bill II
Ditto — bottle opener

The right-hand column she headed "Want To." Under that she wrote:
Go to see museum and see Cézanne
exhibition
Window-shop the antique shops
Sit in the park by the fountain and
just sit

Ici...on parle Français

—yes, we speak French



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When she had finished she held out the sheet and compared the length of the lists with a critical eye. She sighed a small sigh. It looked as if the "Have To's" had won again.

The downtown bus jerked to a stop and she got off and followed the main stream of shoppers toward the entrance to H. Bingham and Co. Mary never walked through that entrance that she didn't think of that first day when fresh out of junior college she had gone to apply for a job. Everyone else seemed to have a place they hurried to, where they were expected, where the world was their oyster. Would even one small oyster ever be hers?

She had sat up in personnel filling out the blank. Age . . . Experience. Age, young; experience, none. And then wonder of wonders she had emerged with a little white card in her hand. "Go up to French Millinery and ask for Madame Marguerite."

Mary had asked her way all the way to the Millinery Department up on the fifth floor. "Oh, the French Room!" someone had told her, "All our French rooms are on four, one floor down."

There were two other girls already waiting with little white cards, both of them stupendously, staggeringly beautiful; one a cover-girl blonde and the other a Mona Lisa brunette. The more Mary looked at them the more beautiful they became. What was she doing here, height medium, hair medium brown, eyes medium grey? She might as well not waste any more time and instead try for that receptionist's job in the doctor's office.

Then She came in. There was no question but that it was She. You know, Dresses by Dior, Shoes by Delman, Hats by Marguerite. Mary never knew whether she had seen a picture of her or whether she merely looked the way Madame Marguerite should look, hair straight and black and coiled into a large bun at the nape of her neck, wide-spaced dark eyes and eyebrows which rose sharply like little wings and gave her a perpetual look of being in flight.

Without saying a word Madame motioned that they were to stand. She slowly circled and then turned toward the door. Only when she had her hand on the knob did she turn and point to Mary.

"You," she said. Just that and no more.

Mary turned and looked at the blonde on her right and then at the brunette on her left.

"You, chérie," Madame repeated. She said it as if it were "sherry."

That had been the beginning of those two years of Having a Job, of living off-beat with the seasons, of wearing black velvet in midsummer and Milan straw with a blizzard beating against the windows. Of sitting endless hours in that behind-the-scenes-world the customers never knew, the littered back room, or the *Etablissement* as the advertising department referred to it, where Madame Marguerite dreamed up her *Créations françaises*. "I cannot use those plastic dummies. To get it I must see it on a person, you, sherry." For the important customers Mary modeled the hats individually, standing poised for a moment in front of the long beige curtains.

That had been her life those two

years before she met Bill. Cooking only what she liked to eat in the three-room apartment she shared with another girl, having her toast well-browned in the mornings, which was the way she liked it, instead of pale the way Bill liked it. Buying artichokes whenever she saw them in the corner market without having to have someone say they were a form of vegetation unfit for human consumption. Charging a new pair of shoes she didn't need on month-after-next's salary. In other words doing

exactly what she wanted to do when she wanted to do it. Until that momentous night in June when Bill had taken her in his arms and said, "Angel, you are so beautiful, there must be something hideously wrong with you inside, you must drink secretly, or have insanity in your family, but anyway could I sell you an interest in a husky?" And she had said, well, whatever it was she had said. Funny, how you could remember what other people said in the big moments but you could

never remember what you said except that summarized it was yes.

She was back in the present with the list clutched in her hand. After all she still had several things to do before she met Bill at five-fifteen. She stood by the escalator for a moment weighing in her mind whether just to look at the crinolines before she went to buy the barbecue grill. On second thought, better not risk temptation, the rule was the greatest good for the



and under the table too!

preferred because they do not chip, crack or break...

This means they're longer lasting, practical, as well as good looking and pleasant to the touch. Housewares items from fruit juice

containers and ice-cube trays to waste paper baskets and deep freeze containers are made from durable polythene . . . and a whole new range of unbreakable, realistic toys with rich, permanent colours are delighting both children and parents too.



greatest number, definitely in this case the grill.

Mary put her foot on the first step of the escalator. She would have to change that shirt first in any case. She was carried upward and before she knew it she had passed the third floor where the shirts were and was on the fourth floor where the French shops were. Oh well, as long as she was here why not run in and see *Madame* for a minute, just for auld lang syne?

If you were blindfolded you would

have known you were in the French Room. The carpet gave under your feet and the voices around you lowered perceptibly as if the shock of the cost of all this luxury would be too much if uttered too loud.

"Yes, madam?" The poised girl who stood beside her had not been there in Mary's era, in fact she recognized none of the faces around her.

"I'd like to see Madame Marguerite," Mary said.

"Did you have an appointment?"

Something in the girl's voice angered Mary momentarily. She wondered if she had ever sounded like that, half subservient, half superior. She drew herself up and said, "Tell Madame Marguerite, Mrs. Stanton is here."

"Oh yes, of course," the girl said, "just a moment." Just as if she knew who Mrs. Stanton was. She disappeared quickly behind the beige curtains of the showroom through the door which led into the back room.

She went out so quickly she left the

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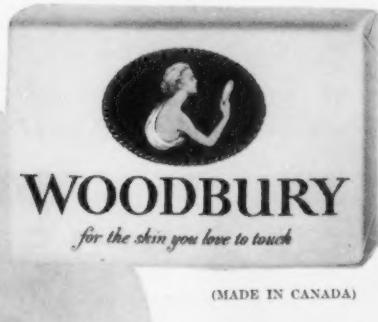
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"the skin you love to touch"?



hat which had been in her hand on the table, instead of returning it to its own little numbered niche in the back room. *Numéro Sept.* Mary looked at it lying there, nothing but a swirl of pale grey veiling, three white butterflies and a bunch of apple blossoms.

She reached out a hand, took off her own hat, put on *Madame's* creation and quickly adjusted it in the mirror. A little farther forward perhaps. For one mad moment she thought: It goes with my suit. I could wear it with my old black faille. If I wore it five years it would only average thirteen dollars a year. She had that much in the savings bank. And whom do you think you are fooling? she answered herself firmly. She took off the hat and put it back on the table exactly where she had found it.

There was the sound of quick footsteps. Mary knew those footsteps of old. *Madame* came out more quickly than she had expected. In the old days she used to delay her entrance purposely with an innate sense of the dramatic. She would wait until the prospective customer had settled herself in one of the low overstuffed chairs, had helped herself to one of the cigarettes H. Bingham and Co. had thoughtfully provided, had caught her breath from the struggle with the less privileged crowds below, and had begun to watch the door expectantly.

"You wish to see *ze collection*?"

Mary smiled to herself. Marguerite never looked at faces, not at first. She looked at the client first as a type; the full-blown type—lots of flowers, lots of feathers, and the veil, by all means the veil; the well-pruned type—all the nonessentials eliminated, the classically simple for whom one designed the off-the-face black beaver, the minute beret relieved only by the smart, small jeweled clip.

All of a sudden she said, "Mary, sherry, why didn't you say so! Come!" And with that she took her by the hand and pulled her through the beige hangings into the back room.

"Mees Brown," she looked back over her shoulder and addressed the salesgirl who stared after them, "if my one-thirty appointment comes, tell her—oh tell her I feel a little faint so that I have first a little lunch."

The back room was the same as ever, with perhaps the added accumulation of three years, assorted swatches of materials, loose pins, bolts of veiling and the crumpled wads of scratch paper on which *Madame* sketched but which she inevitably discarded. *Madame* brushed off the contents of one stool and motioned Mary to sit down.

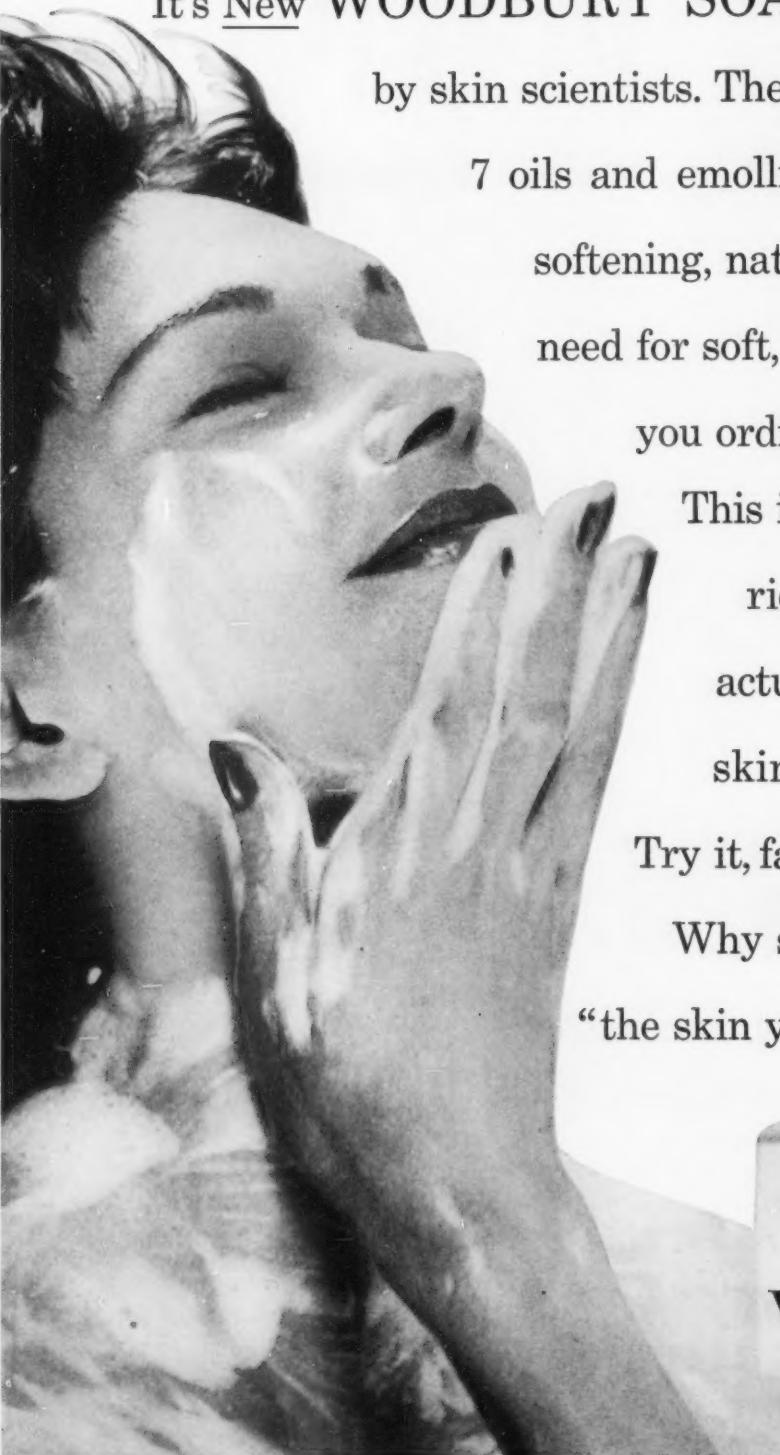
She reached over and shut the door. "Baby," she said, "it's good to see you again."

The French accent had suddenly vanished. That was when you knew Marguerite had accepted you as a friend, when she reverted to her native Rhode Island. Mary had always wondered whether all those early Yankee traders among her ancestors were responsible for Marguerite's theory that the higher prices went with the imported accent.

"How about some lunch?" she said. "I'll send the boy out."

"Wonderful," Mary said. "I'm famished."

"Black coffee and consommé," *Madame* said to the boy who by that time



was standing in the doorway waiting for their order. She looked at Mary expectantly.

"I think I'll have a chicken-salad sandwich and a double chocolate malted."

"Look here!" Marguerite said. "Stand up!" She looked Mary up and down for a minute with a critical eye and then she gave a little outward gesture with her hands and shook her head in disbelief. "It's all right," she said as she waved the boy out the door. "Bring her double chocolate whatever it was." And then to Mary, "But how you do it, I shall never know."

"Just try running a house some time and simultaneously running herd on a two-year-old."

"Even without the two-year-old," Marguerite said slowly and she looked a long way away out the window. She seemed to be talking to herself. "The alarm clock goes off in the morning and you get up and shut the window and put on your clothes and brush your teeth before you can get your eyes open. And by the time you've hung out the wash, moved out the couch so you can sweep underneath, taken down the wash, why then it's time to cook dinner, go to bed, and get up the next morning in time to do it all over again."

"Good heavens," Mary said. "You sound positively authentic, just as if you'd really been there."

"What makes you think I haven't?" Before she could go on there was a knock at the door and the boy came in with his hands full of cartons and Mary's sandwich on a paper plate. After he had put them down on the cutting table and gone out again, Marguerite continued, "And without your Bendix

and your pretty little white house with a little white fence. It does have a little white fence, doesn't it?"

Mary looked up in surprise. You never thought of Marguerite as knowing anything about any other life than the French Room at Bingham's. You almost assumed she had been born there in the back room. She was always still there when the other employees went home and, for all they knew, she just curled up beside the mannequins and went to sleep there. That she should ever have had any life but designing hats was fantastic. "You mean that you were once . . ."

"Married?" Marguerite said before Mary could finish. "Why do you sound so surprised? Of course I was married. Funny thing, his name was Bill, too, only I used to call him William because that's what I said I would have to call him when he got to be rich and famous. He was an artist. He painted me mostly."

"All famous artists have painted their wives," he used to say when my back ached and I wanted to shift the pose. And I would say, "Why don't you paint the girl at the newspaper stand at the corner?" All artists love their wives so madly they paint only them," he would say. "Another reason is they can paint them for free," I used to tell him. He laughed the first time I said it but then he got so he didn't laugh when I said it at all."

Mary sat there looking over the rim of the drugstore carton and trying to imagine Madame as Young Love in the Attic.

All of a sudden Madame looked back from the window to Mary. "And now you're wondering what happened," she

Mothers, when Dressmaking choose

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For yourself and children of every age, you can make smart looking clothes of 'Viyella'—in authentic tartans, checks, prints, or plain shades. For blouses, skirts, dresses, pyjamas, play-suits or school uniforms nothing wears and washes like 'Viyella'. There is nothing to equal the dressmaking possibilities of 'Viyella'—the amazing fabric with the amazing guarantee—"Wash as Wool—if it Shrinks we replace". 'Viyella' is entirely British made—spun, woven, and finished in Great Britain by William Hollins & Company Ltd. since 1784.

V-25



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Smith SILVER SEAL IRONING PAD WITH COVER
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The justly popular Smith Silver Seal Ironing Pad is now made with Milium, the wonder fabric famous for its heat reflecting qualities.

To make ironing easier, quicker, choose the Smith Silver Seal Milium Pad and Cover, or any one of a wide choice of ironing pads made by Smith.

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SMITH MANUFACTURING CO. LIMITED Weston • Canada

said, "Well, I'll tell you. We were very much in love, we were together, for always, forever. What could have happened to spoil it? At the time I didn't know, I was bewildered, I couldn't imagine. But now that I'm an old woman . . ."

Mary said, "You? You'll never be an old woman."

Madame made the little outward gesture again with her hands. "Thank you, baby, but shall we say that enough years have gone by so that now I can look back? We lived two years in that little studio down near the square. I've even forgotten the name of the street, it wasn't even the one where all the other artists lived. I used to take twenty dollars and change it all to quarters and I'd make little piles, so much for food, so much for gas, so much for half-soiling our shoes, and/or brushes and oil paints. I got so I knew all the tricks—the push market down by the tracks ten blocks farther south, the bakery where they sold day-old bread. And sometimes, the good months, we came out even and I was very happy. I used to brag about it to William and then stand there and wait for him to say I was wonderful. At first he would, and then . . ."

"And then?" Mary reached over and put the carton into the wastebasket but she did not take her eyes off Madame.

"And then he didn't say it. 'You're an ungrateful wretch,' I used to say inside to myself and sometimes I would cry.

"Finally there was the last time. He had come home early that night, before I had started the hamburg steak, and he said, 'Maggie my girl, tonight let's go out on the town! What do you say we go to Jack's?' Jack's was the hash house on the next corner. And I said, 'But the hamburger—' Tomorrow night, Maggie, have it tomorrow night.' So we went to Jack's. When they brought the menu I automatically looked down the right column first.

"'Macaroni and cheese' I said, 'I'll have that.'

"Bill looked at me for a minute and then he said, 'Maggie! You know you don't like macaroni and cheese. Don't you know what it does to a man to have all those economies thrown up in his face all the time? It's just as if you said You Are A Failure ten times a day.'

"The next day he was gone, for good and for always. He didn't leave me a note or anything. Now I know he didn't have to."

There was a tentative knock on the door. "Madame?" Miss Brown said respectfully. "Mrs. Winston is here for her appointment."

Mary stood up and reached for her pocketbook. Miss Brown was holding the door.

"Au revoir, sherry," Madame said. "You will come back soon?" As she went back into the fitting room she turned and said over her shoulder, "I promise next time I do not talk so much!"

She left a rush of silence behind her. On the way out Mary passed the table in front of the beige curtains. *Numéro Sept* was still lying there. Mary stopped short, picked up the hat, turned it over and looked at the price tag. She put it quickly back on the table and walked on. Suddenly she wheeled back and picked it up again.

"Yes, can I do something for you?" she heard Miss Brown's best-customer voice behind her.

"Charge this, please," she heard herself saying. "Charge and take. Mrs. William Stanton, one one Meadowcroft Road, Forest Acres . . ."

By the time she changed the shirts and went across the street to Woolworth's, she was a little late at the side entrance to H. Bingham and Co. where she had arranged to meet Bill. She could see a long lanky figure walking back and forth with his hands in his trench-coat pockets and his head sunk down in his upturned collar.

When he saw her he looked reproachfully at his wrist watch, and then he looked back again at her, and a long low whistle came forth.

He walked toward her in long strides.

"Who's keeping you in the style . . . ?" he asked.

"Oh, a guy who's going to be president of his company some day and so can well afford to buy a gal a new hat, and maybe take her to the Ardmore Roof just this once." Out of the corner of her eye she could see him grin and his shoulders rise as he tucked his hand under her elbow.

After that particular evening the firm of advertising analysts who had done an extensive survey on Forest Acres had to do some revision on the budget of the average inhabitant, between twenty-six and thirty-six years of age, a veteran, married, owning three quarters of a car and four fifths of a television set. Because every now and then there were odd extraneous little items, such as brown orchids (\$6.00) and steak rare (à la carte), for which absolutely no provision had been made. *

Chatelaine Needlecraft



FINERY FOR EASTER

Hand smocking on a dress for a little girl gaily heralds the spring. Dots for the design illustrated may be used on aprons too. Order No. C193. English transfer dots and instructions for smocking, 25c.

Please order from Mrs. Ivy Clark,
Chatelaine Needlecraft Department,
481 University Avenue, Toronto, Ont.



NO GAUZE...because

you want the softest! Veiling the ballerina in this picture is the whisper-soft new fabric now used to cover New Design Modess.*

No gauze to chafe, ever . . . just luxurious, cloud-like softness . . . yours *only* with

New Design **Modess**

*T.M. Reg'd.



Seventh in a Series

PLAN YOUR HOUSEKEEPING

By MARIE HOLMES Director *Chatelaine Institute*

On Saturday You Cook Ahead



Stock your larder. If you have followed our plan for easier housekeeping, outlined in this series, your cleaning is finished by Saturday, and you can devote this day to preparing food for the week end. By baking and cooking on Saturday, you'll have a carefree Sunday and meals for the week ahead should be less trouble, too, particularly if you bake extras that will keep. Here's where a home freezer helps. In it you can put baked breads, buns, cakes, bar cookies and ready-to-bake pies. And don't forget the advantage of having a stew, casseroles or meat pies in the freezer. They'll be handy on a busy cleaning or shopping day. Freeze meat and fruit pies with crusts unbaked and casseroles (cooled quickly before freezing) partially cooked. Use metal containers for faster freezing and to avoid breakage.

Store what you have baked for the week end in covered tins (after the cakes, cookies, muffins, etc., are cooled). Make milk puddings, jellies, and sauces and store in refrigerator. While the oven is hot and you are in the kitchen, partially cook a ham or oven pot roast or completely cook a meat loaf. Make stuffing for chicken, pork tenderloin or flank-steak roll and store in covered bowl. Wash vegetables (lettuce, celery, greens, etc.), put in plastic bags for refrigerator storage until needed. All these big and little tasks done ahead on your "kitchen day" will pay worth-while dividends on following days. While the oven is still in use you can do some top-stove cooking or start preparing vegetables for dinner in order to make every minute count on the day you set aside for kitchen duties.

And Let the Family Help With Other Work



Let the family help on Saturday. Dad and Junior will make a good window-cleaning pair and enjoy doing it. One will polish inside, while the outside polisher checks on the spots that are missed. Tie this in with putting up and taking down screens. The cleaning of the recreation room and hobby corner of the house can be their responsibility, too. Surprising how the male members of the family will respond when given their own part of the house to keep tidy. It invites companionship of dad and the boys, too. In summer they can share gardening and garage chores; in winter there'll be repair and keep-in-order work in the basement, or snow to shovel. They might work better if you give them a list of the jobs they're to do in order of importance — all part of your plan for easier housekeeping!



Daughter has her share even if she's a little lady. Wrapping and carrying out the garbage, emptying wastepaper baskets will teach her neatness. Choose jobs geared to her size, such as wiping out the bathroom basin with a colored sponge. In a pretty plastic apron she will take pride in her "housework" and learn a little at a time the techniques for a homemaker-to-be. She can run errands that save you steps while you're busy in the kitchen. Older daughters can make beds, set the table and help with the dishes, dust, carpet-sweep and vacuum-clean, too.

Next Month: Your Floors and Floor Coverings



Easiest on you...best for your rugs



a BISSELL SWEEPER



Shown is the NEW Sweepmaster, Canada's most modern sweeper. Lighter, more compact, cleans right to walls, under furniture, too. Stores flat. \$13.45†

saves time—saves work—saves rugs

Nothing to plug

Nothing to lug

Nothing to unwind

Nothing to attach

Make light of everyday rug cleaning . . . with a Bissell Sweeper. It's so easy to use . . . no cords or connections to fumble with . . . just glide it along. And it cleans so quickly. The brush with its firm but gentle bristles adjusts to any carpet . . . reaches down to lift out dirt and dust in a hurry . . . cleans itself while you sweep. Empties at a touch. Choose from five models in handsome fashion colors . . . for as little as \$9.45†.

Makes a wonderful gift . . . any time

†Prices slightly higher in West.

GUARANTEED FOR LIFE
against mechanical defects.
Guarantee with each sweeper.

**The Best Housekeepers
use Bissell Sweepers**

...for daily cleaning . . . save their vacuums for the heavy work. See the complete line at the Bissell® display in your favorite store.

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Bissell Carpet Sweeper Company of Canada Limited, Niagara Falls, Ontario

Make All Four of these thrilling oven treats with One Basic Dough!

1. Chelsea Twirls



2. Orange Whirls



3. Date Eights



4. Jam Ring



**Versatility begins at home—
with ACTIVE DRY YEAST!**

One quick dough, thinly rolled, comes out four delectable dessert delights! Raised oh-h so tender n' light with amazing Fleischmann's Active Dry Yeast! When you bake at home, get festive results with Fleischmann's. Never fails. Keep a month's supply on hand.

BASIC PINWHEEL DOUGH

Scald

1½ cups milk
¾ cup granulated sugar
2¼ teaspoons salt
¾ cup shortening

Remove from heat and cool to lukewarm.
In the meantime, measure into a large bowl

¾ cup lukewarm water
1 tablespoon granulated sugar
and stir until sugar is dissolved. Sprinkle with contents of

3 envelopes Fleischmann's Active Dry Yeast
Let stand 10 minutes, THEN stir well.

Stir in lukewarm milk mixture and

3 well-beaten eggs

Stir in
4½ cups once-sifted bread flour

and beat until smooth and elastic; work in
4½ cups more (about) once-sifted
bread flour

Turn out on lightly-floured board and knead dough lightly until smooth and elastic. Place in a greased bowl and grease top of dough. Cover and set dough in warm place, free from draught, and let rise until doubled in bulk. Turn out dough on lightly-floured board and knead lightly until smooth. Divide into 4 equal portions and finish as follows:

Needs no refrigeration!

1. INDIVIDUAL CHELSEA TWIRLS

Cream ¼ cup butter or margarine and ½ cup brown sugar; divide into 12 greased muffin pans; add pecans. Cream 2 tbsps. butter or margarine, 2 tbsps. cinnamon and ½ cup brown sugar. Roll out one portion of dough 12 by 10 inches. Sprinkle with cinnamon mixture and ½ cup raisins; beginning at long side, roll up loosely; cut into 12 slices. Place in pans. Grease tops. Cover and let rise until doubled. Bake at 350°, 15 to 18 mins.

2. ORANGE WHIRLS

Boil together for 3 mins., stirring, ½ cup butter or margarine, 1 tbsp. grated orange rind, ½ cup orange juice and ¾ cup gran. sugar; cool. Spread half in greased 8-inch square pan. Roll out one portion of dough 16 by 10 inches; spread with rest of orange mixture; beginning at long side, roll up loosely; cut into 16 slices. Arrange in pan. Grease tops. Cover and let rise until doubled. Bake at 350°, about 30 mins.

3. DATE EIGHTS

Combine ½ lb. cut-up dates, 1 cup water, ½ cup gran. sugar and 1 tbsp. butter or margarine; boil gently, stirring often, until thick; cool. Roll out one portion of dough into 12-inch square; spread half with filling and roll up to centre. Turn dough over; spread remainder with filling and roll up to centre. Cut into 12 slices. Place, well apart, on greased pan. Grease tops. Cover and let rise until doubled. Bake at 350°, 14 to 16 mins. Spread hot buns with icing.

4. JAM RING

Roll out one portion of dough 16 by 8 inches. Spread with ½ cup thick jam and ½ cup chopped nuts; beginning at long side, roll up loosely. Twist dough from end to end; form into ring on greased pan. Grease top. Cover and let rise until doubled. Bake at 350°, 25 to 30 mins. Spread hot ring with white icing; decorate top.



Old furniture plus an idea can brighten a new home

You can turn old furniture — bureaus, picture frames, stools — into eye-catching pieces that fit proudly in any modern setting. Below are just a few of these budget-saving ideas we found in the homes of suburban Don Mills



Veranda Post

This handsome lamp was once an old veranda post. Mrs. Mike Goulding filled the holes, sanded it smooth and painted it white with a gold base. The luxury mirror above it is an old-fashioned picture frame, with its original inset of wine velvet.



Solid Sideboard

A cumbersome old sideboard turns out to be a smart modern buffet. The legs were cut off, the carved back piece unscrewed and discarded. Mrs. Goulding painted it all a light grey and pasted marbled wallpaper on top, which she then sprayed with a coat of shellac to preserve it.



Yes, it's the legs of an old sewing machine. Mrs. Bill Elliott wanted a kitchen table, so, with these underpinnings, a slab of plywood and a smart, laminate top, she got what she wanted at bargain prices. Any old legs around you want to make use of?

Sewing Machine

If you can beg, borrow or steal a pair of inside shutters—try the house wreckers—you, too, can have a set for your bathroom.

These have been enameled coal-black.



Shutter Blinds

A focal point to play up plants or cherished *bibelots* is another old picture frame, this time painted white and set in front of a shadow box. This one dramatizes a green growing area above a low-level entrance hallway.



Picture Frame

The old revolving piano stool takes a new role in life as a bedroom vanity stool. Painted white, its top re-padded with foam rubber, now available in varying sized squares, it's covered to match bedroom cushions, vanity-table skirt.



Piano Stool



Space-saving Built-ins

Cantilever bunk beds give free headroom, fit into any floor space and provide an ample storage cupboard.



Squeeze narrow towel shelves along a bathroom wall and add decorative pegboard doors on a sliding track.

no Stooping...
no Bending...



with the

NEW *Findlay*

HY-OVEN
ELECTRIC RANGE



The range you'll want — because thousands of Canadian women helped design it

At last an electric range that eliminates tedious, tiresome stooping and bending — its design was chosen by thousands of Canadian housewives at the Findlay Housewives Opinion Poll. In addition to the convenient high oven you get all these wonderful features:

7-heat Push-Button switches; Fast Speedmaster Microtube Elements; Signal lights to indicate when any surface element is on; Built-in surface lamp; Selector switch for timing oven, surface element or appliance outlet; Precision Minute Minder; Aluminum Broiler; New Tubular element in oven removable for quick oven cleaning; Giant warming drawer with separate heating element and a large Utility drawer.

See this beautiful all Canadian design range
at your local Findlay Dealer

Only Findlay offers you Hy-Oven convenience



Oven top provides handy work space at convenient height.



Note how easy it is to use this oven.



FINDLAYS LIMITED Carleton Place, Ont.

SHARPEN YOUR SHOPPING!

LOUISE MARTIN
Home Planner

...tells you how
to save money by
laying your own
linoleum floors!

You can have lovely linoleum tile floors by creating your own unique designs and actually laying the floor yourself. It's easy, it's economical, it gives you the matchless thrill of being able to point to a beautiful floor and say: "I did it myself!"

Your Dominion Linoleum dealer has everything you need, which is:

- 1 Either Marboleum, Dominion Jasper or Handicraft Linoleum tiles. They come in a wide and wonderful range of colours and three thicknesses (A Gauge— $\frac{1}{8}$ ", Standard Gauge— $\frac{3}{32}$ " and Domestic Gauge— $\frac{1}{16}$ ")—for every room in your home.
- 2 A few simple tools—such as a hammer, dividers or compass, pencil, ruler, scissors, twine and chalk, a linoleum knife and linoleum cement spreader.
- 3 Felt underlay paper.
- 4 Dominion Linogrip Cement.

Now . . . how? Well, the simplest way to get all the instructions you need is to write to me (or ask your dealer) for an illustrated folder entitled, "How you can create a distinctive Dominion Linoleum Tile Floor!" Before I forget to mention it, my address is: Louise Martin, Home Planning Dept., Dominion Oilcloth & Linoleum Co. Ltd., 2200 St. Catherine St. E., Montreal.

As I said, this folder contains complete, easy-to-understand information, including:

How to prepare the existing floor for linoleum.

How to calculate the number of tiles required to do a room.

How to lay and cement the tiles.

How to apply border tiles.



Please clip this "letter" and file it under "new home beauty" or, if you like, "bargains"—because you really get yourself a marvellous buy when you create and lay your own linoleum tile floors. Yours for happy—and sharper—shopping,

Louise Martin

P.S. NOW SEE THE
OPPOSITE PAGE FOR A
PORTRAIT OF LINOLEUM
AT ITS LOVELIEST!

DOMINION
inlaid
LINOLEUM

THAT PROBLEM CHILD NEXT DOOR

Continued from page 22

wonder, perplexity and tears. But the intensity of the battle has been stepped up today by two conditions. Canada's birth rate presently stands higher than any other English-speaking nation's, higher than it has been for over thirty years; and at the same time the country has experienced an acute housing shortage in older residential districts. These two factors have produced a new baby-land called Suburbia.

A three-year-old is an unknown quantity to a new mother, but more experienced mothers and people who have studied children know that the kind of anarchy that occurs when you turn a lot of three-year-olds loose on one block is the most natural thing in the world. In fact, knowing a little more about how all children behave and how to guide them toward more acceptable social behavior is the sort of help every mother needs.

When Chatelaine asked me to talk to suburban mothers, I was delighted to have the opportunity. I myself have raised two boys and am now a grandmother. For the past twenty-eight years I have worked with parents and children at the Institute of Child Study in Toronto under Dr. W. E. Blatz. At present I am the institute's supervisor of parent education. The problems that are bothering the two young mothers I mentioned at the beginning of this article, I know from experience, are the same as those bothering mothers in new communities everywhere in Canada. Perhaps we can try to answer some of the more important ones right here.

To begin with, a small child has not learned to control his emotions. He does not realize that other people feel the same way he does. He doesn't instinctively like other children—in fact, he isn't even very interested in other children until he is about two. Adults are much more fascinating because they feed him, see that he is warmly clad, supply toys and play equipment. He has no natural desire to be liked or to co-operate with other children.

But he does like to see things happen, and so he experiments with the things and people in his environment to see what reactions he gets. His first social approaches are likely to be crude and direct—an experimental push, poke or shove. Is it any wonder, then, that mayhem results when children are simply sent out and expected to play "nicely" over long periods of time with the child next door?

Little children just haven't lived long enough to have learned social rules and they should never be turned loose en masse without supervision.

"But I don't turn my child loose," I can hear some mothers protesting as they read this, "I spend about nine tenths of my day running to the window or door keeping an eye on the kids. But that woman next door—she just puts them out with a biscuit in the morning and never thinks about them again until it's time to haul them in for lunch. She hasn't any idea what goes on . . ."

The fact is that no one woman can get through all the work involved in keeping a house immaculate and also

keep a waking-hour watch on her child. She must learn to tackle the job of homemaking from the point of view of the relative importance of the tasks which confront her.

A nursery school, if one is available, may be the answer for some parents, or it may be possible to start a co-operative nursery school in your district with from ten to twenty other mothers. In a co-operative nursery school the mothers can learn a great deal about children and how to direct them, through observing the children and the supervisor in her contacts with them. It takes a great deal of tact and forbearance on the part of the mothers, since they must be willing to see their child disciplined when he merits it without resentment. It can never succeed if their attitude in helping with the supervision is solely to cut costs with no attempt to learn more about children.

But suppose it isn't possible to start a nursery school? Do you just let nature take over? Of course the children will learn in time whom they can hit and whom they can't hit, and work out a pattern of behavior toward their universe. But this is jungle learning. The neighborhood is your child's world. It's the first experience he has with social situations. Without help and guidance from you, it is a confusing, inconsistent, frightening world in which he may end up with some serious physical injuries and poor attitudes toward his fellow men. Perhaps some of them, like Bobby's scar, will stay with him for the rest of his life.

The first good rule for any mother living in a new suburb is to stop blaming "that awful child next door." He is probably no more awful than your own child. In other words he may be temperamentally more aggressive, but this doesn't mean that he is "bad."

or headed for a jail sentence when he grows up. Remember, too, that you generally hear a one-sided version of the crime. You may not realize it but the mother of the child you think is overly aggressive probably could tell you a tale or two, that would make Mickey Spilane look like a softy, about another aggressive child—yours.

But I hear some mother protesting, "Oh no, that isn't the way things are at all. I realize that Bill of mine is a regular little hellion. I know that any trouble that starts in this neighborhood was probably engineered by him. But don't think he gets away with it. I believe in disciplining children and Bill gets spanked plenty of times."

This attitude may be even worse for Bill than an overprotective attitude. There he is all alone on a big wide street with everyone against him and no backing at all on the home front. With this kind of insecurity he might turn into a rebel ("If she expects me to be bad—I'll be bad.") or an overly submissive child who feels he can't possibly please anybody.

On the other hand overanxiety is just as bad. It transmits itself to children like an electric current. If a child feels he is being watched and that an adult constantly expects him to do something wrong—he generally will try to oblige her. He will also become self-conscious and get a highly exaggerated idea of his own importance on Sunnyvale Boulevard and in the cosmos generally.

Perhaps the best line of action you can take, if there is no nursery school in your district, is to try to get together with some of the other mothers on your street to lay down a common policy and perhaps a simple plan for supervision. In this way life will become a lot simpler and less confusing for the children and a lot less hectic for you. Some of the

Babies Helped Our Home Detective Solve This Case

NOT a baby in the place and a diaper rinse to test! This seemed a difficult problem for Chatelaine Institute. But Jean Sherlock, our Seal of Approval's home-front detective soon solved it.

Samples of the diaper rinse were given to Institute friends who had to wash for babies. Then more samples went to an independent laboratory where chemists tested the sanitizing properties claimed for the rinse. While waiting for replies from the diaper set and the chemists, Mrs. Sherlock worked on the product in the Institute's laundry. She put identical sets of towels through the automatic washing machine, rinsing one set in water, another in water with the diaper rinse added.

The homes of the assisting babies reported odorless diaper pails with the new product. Research chemists passed on sanitary and bacteria claims. Jean Sherlock's test proved towels were softer and fluffier. So with the help of the babies all questions were satisfactorily answered and Softie Diaper Rinse was awarded the Chatelaine Institute Seal of Approval.





Follow today's trend to linoleum for easy-to-clean kitchens

Dominion Inlaid Linoleum is furnishing easy-to-clean flooring in kitchens—play-rooms, halls and bathrooms, too—all across Canada. And it's also bringing a subtle new type of loveliness into the living, dining and bedrooms of the modern Canadian home.

The trend, today, is definitely to floors of Dominion Inlaid Linoleum for every room. Why? Simply because no other flooring offers the modern homemaker so much. Its new shades and designs are so very beautiful...so grand to work with when you're creating your own distinctive decorative themes. It needs

so little care...and it stays gorgeous for years even in heavy-traffic areas. It's amazingly economical because it's a permanent flooring that needs no covering, yet its cost (completely installed) is less than other similar quality floorings—including the conventional wood. And it's truly resilient, so it pampers feet, puts a soothing "damper" on everyday household sounds.

Get illustrated, idea-ful booklets on linoleum, the *trend* flooring, by writing: Dominion Oilcloth & Linoleum Co. Ltd., Home Planning Dept., 2200 St. Catherine St. E., Montreal.

This colourful kitchen is in one of Canada's famous "Trend" Houses. The floor is Marboleum tile. It—or one of the other lovely Dominion Inlaid Linoleums—can bring similar beauty to your home, too.

**DOMINION
inlaid
LINOLEUM**

COMES IN TILES AND BY-THE-YARD
IN THESE FOUR TYPES...

✓ MARBOLEUM ✓ DOMINION JASPE
✓ HANDICRAFT ✓ DOMINION PLAIN

*Made only in Canada . . . sold by style-setting
Canadian retailers*



Should you raise your family in winter?

Perhaps you should . . . because
the ceiling's the usual place for the warm air
to gather. It's an old problem but
NOW something has been
done about it:

CRANE RADIANT BASEBOARD PANELS

They introduce heat at ankle level—get more uniform warmth between floor and ceiling throughout the room—reduce drafts at the floor . . . in addition, these modern Panels have another big advantage: they don't obstruct wall space, don't take up floor space, permit any desired arrangement of furniture.

They're naturally first choice for all new buildings; and can be easily installed in most existing dwellings. Buy the original! Insist on Crane IBR-rated Panels—first in Canada, first in quality. Ask your plumbing and heating contractor all about them.



Introduced to Canada by Crane, Cast Iron Radiant Baseboard Panels are an important item in the comprehensive Crane line of dependable equipment for complete heating systems—for hot water or warm air—for coal, coke, oil or gas.



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common situations mentioned as problems by suburban mothers are dealt with below. If you constantly find yourself refereeing pitched battles on your front lawn, perhaps the suggestions made will be of help to you.

Question: Just whom do you punish when one child grabs another child's toy and the second child hits him?

Answer: The word "punish" is of interest here. Why think in terms of punishment? Why not think of how to help the child use socially approved methods of trying to get what he wants? For example, suppose Doug grabs Mary's kiddy car and Mary grabs it back, biting Doug on the nose in the process. An eye for an eye and a tooth for a tooth is a bad rule. Suggest to Doug: "You can ask Mary for the kiddy car instead of just grabbing it." If he does this and Mary is not obliging, you now suggest, "Tell Mary you will give her a ride on your wagon if she will let you ride on her kiddy car." If Mary is still unco-operative you can explain to Doug, "Mary doesn't want to share at present so you can wait until she does. You can ride on your wagon in the meantime."

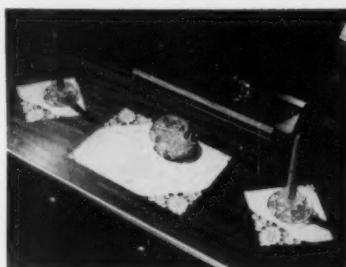
Question: Suppose two children can't seem to get along at all and are continually fighting?

Answer: Fighting is one of the social contacts children make with one another and sometimes they can settle fights amicably themselves. If they can, let them. Do not step in too soon, but if children fight constantly, separate them temporarily each time they start to fight. Let them understand they can play together when they think they can get along without quarreling. But don't make a ceremony of "making up" or this will only draw attention to the fight again.

Question: Why is it I have to tell my child several times before he does anything?

Answer: Probably because he knows

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you will give the same order several times before you really expect action. Nagging is a symptom of lack of firmness on your part. It's a bad practice because it's not only hard on you but it doesn't afford the child an opportunity to learn what you want him to learn. He does learn that you often do not mean what you say, and he soon starts to "tune out" this carping commercial.

One good way to check on how much nagging you actually do in a day is to keep score on how many times you repeated instructions or told a child to do something when one order would have been sufficient had you followed through and seen that your instructions were followed out.

Question: A little boy in our neighborhood has a bad habit of taking off his clothes. How should this situation be handled?

Answer: Why do you call this a "bad" habit? Perhaps the little boy was hot. If so, see that he is more comfortably clothed. It is well not to read adult meanings into childish acts. When little children take off their clothes, the surest way to prevent repetition is to help the child put the clothes back on with the explanation, "When clothes are put on they are meant to stay on." Dramatic reactions on the part of adults make the child the centre of attention and tend to perpetuate the behavior. You might say, "Oh, you are all undressed and ready for bed. We'll pop you in." Then if the child protests you can say, "We stay dressed when we are up. Put your clothes on if you want to stay up."

When the child is repeatedly taking off his clothes after the above methods have been tried, he can play by himself until he thinks he can remember to stay dressed, then be allowed to try. If you or other adults are unduly disturbed, the child realizes this behavior is one way to gain attention.

Question: One child in our neighborhood has far more toys and playground equipment than the rest of the children. He also has a tendency to be bossy and dictatorial.

Answer: Behind the child's attitude is the attitude of the parent. If the child has been taught the pleasure of sharing with other children he will be willing to share. If he is selfish, explain that other children will not continue to come and play and let him choose which he would like—company or the privilege of playing with all of his toys alone. However, the child should have the right to deny the use of his play material to a child he has found to be destructive.

Question: My little boy has a tricycle which he allows other children to ride. But the other children are too rough with it. It won't last long at this rate and I can't seem to impress my child that he is responsible for seeing that it doesn't get broken.

Answer: This is too much of a responsibility for any child. A parent has to step in and refuse the use of toys and equipment to those children who don't use them properly—on the same basis that you take toys from your own child until he learns how to treat them properly.

Question: An older child in our neighborhood teases the little ones all day



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ON SOME WORK, "do-it-yourself" painters find a roller coater faster and smoother than a brush. But even with a roller, there are a few tricks which make the job even easier.

If it's a new roller, break it in by washing in warm water, then rolling dry on a newspaper to remove loose fuzz. Don't load it with too much paint and don't press too heavily on the surface when the roller is freshly filled. If you haven't used a roller before, better practice with it a little before you actually start painting.

Apply the paint with vertical strokes with an inch or so between paint strips, then roll crosswise. Although

it's amazingly easy, even for a beginner, to get a smooth, even finish with Speed-Easy Satin, this "criss-cross" method helps you get an evenly blended finish.

Speaking of beginners, people who plan to do their own decorating are often puzzled about how much paint they will need for, say, an average bedroom. Well, an average small room with smooth walls will take about a gallon of paint per coat, or two gallons per coat for rough walls. Of course, that is just a sort of rule-of-thumb guide. Some paints cover more area than average, others less.

Rather than depend upon "guess-

imates", you'll probably save time and money by telling your dealer the number of square feet of surface to be painted and letting him advise how much paint you'll need. Figuring the area is easy. You multiply the length of the room by the height, then double the total. That gives you the area of two walls. Next, multiply the width by the height and again double that total for the other two walls. The two totals added together give you the area of all four walls. For the ceiling, multiply the length of the room by its width.

If you still want to do your own estimating, you can figure one gallon per coat for 500-600 square feet.



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ted and back them with the most liberal guarantees. As these facts would seem to indicate, copper, one of man's oldest and most useful metals is here to stay. If you plan to build a new home or re-model your present one, it might be a very good idea to discuss the "copper content" of your house with your architect, builder, plumber or heating contractor. Anything that contributes to permanence of construction and personal satisfaction deserves careful consideration. You have to balance the advantages of a saving on the original investment against the factors of performance and permanence. Evidence from all parts of Canada would seem to prove that you can't go wrong with a copper-protected home.

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long. How can the smaller ones be taught to handle this?

Answer: Teasing at the adult level is a form of social interchange which can be fun. With children it is an attempt to dominate. The teaser needs to be directed to other activities such as helping with a project instead of teasing. The teased child needs to be helped to accept teasing in his stride and tease back. Where teasing persists to the point of persecution the teaser should be denied for a time the company of the children he is teasing.

Question: Some of the parents on our street, and often the people who can least afford it, buy their children very expensive toys. We don't think our children need such expensive toys and we can't afford to buy them for them. How can we best explain this to the children?

Answer: Trying to keep up with the Joneses is a fault of which most of us are guilty and attributing value on a dollar-and-cents basis rather than on a use basis is common. Children, left to themselves, choose the sounder value. You are the one to judge what your children need in the way of play equipment and what you can buy them. Have you tried setting a certain sum aside for play equipment and letting children help decide within the limit what they would like to have?

As children get older, ways can be indicated to them in which they can save from their allowance or earn extra money to add to what you contribute and in this way get what they want. One word of warning: Do not jump to the conclusion that because children admire possessions of others, they feel they should have them. It may be you who feel envious and so pass on the feeling to them.

Question: How can I prevent my child from developing racial intolerance when other children in the neighborhood use disparaging names for children of other nationalities?

Answer: Children aren't naturally intolerant. They learn these attitudes from other children or adults. Children accept other children as children, regardless of race or color. This has been proved over and over again. When intolerance develops, it is due to the example set for the children. If you want to check intolerance in your children, be sure you are tolerant in word and deed and when your children make intolerant statements, counter these with statements pointing out good qualities found in people known to you, or well known generally, of the particular race or creed under discussion.

Question: One child is always carrying tales. How can I handle this?

Answer: You can't really afford to ignore talebearers completely because they often tell you where trouble might start. But the main problem with talebearing is that it so often gets a dramatic response from the adult. The child may be making a genuine effort to take responsibility or just trying to assert himself. The best way to handle it is to listen to the child and then say, "Thank you for telling me. Now you can go back and play." When the information is such that it calls for action go about it quietly and calmly so that the reporter does not get a



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feeling of power through having been the informant.

Question: My child is very shy and I'm worried about it. What can I do to draw him into the group?

Answer: The shy child is the child who finds himself in a situation he is not ready to meet. This may be a new situation or it may be due to a feeling of diffidence because high standards of behavior are expected and he fears he may fail. In the first instance, give him time to adjust. Do not try to force him to meet the situation at once. In the second case do prepare him beforehand for what he will meet. Help him learn how to act by playing through the situation. Give him definite things to do so that he will think of others and not about his own feelings.

For instance, Susan's mother was having a tea and she wanted Susan to admit the visitors and show them where to leave their wraps. Mother played the part of a visitor so that Susan could practice her role for the day and be at ease when the real visitors arrived. In



this way Susan became accustomed to the job and so absorbed in it that she forgot to be shy when they arrived.

Question: My child often questions my authority. How should I deal with this?

Answer: The most important factor in exercising authority is to have the child feel that what the adult requires is reasonable. The child has a right to know why you expect him to obey certain rules. Rules, to be reasonable, must be made by people for the benefit of people. They are such that obedience to them will protect the child from danger and make social living easier within and without the family. In each case they need to be made with an eye to their usefulness and not at the whim of the adult. In the beginning the child is expected to obey the rules made by the adult who is older and therefore presumably wiser and a better judge of what is needed. Later the child can help make the rules which govern him. In each case obedience to the rule is expected and required.

Appropriate consequences follow each infraction so that the child has an opportunity to learn to obey the necessary rules. It is well to be on the alert when children persistently question authority. Sometimes rules may have outlived their usefulness. If so change them or drop them. Also examine your use of authority to see whether you are still directing your ten-year-old in the way you did when he was three. *

LI'L ABNER by AL CAPP



CHATELAINE MEALS OF THE MONTH

March

Look for the casserole
menus—new dinners-in-a-dish
for suburban homemakers

	BREAKFAST	LUNCHEON OR SUPPER	DINNER		BREAKFAST	LUNCHEON OR SUPPER	DINNER
TUE 1	Prune Juice Whole-grain Cereal Toast Coffee	Scalloped Tomatoes with Ham Baked Apples Cookies Milk	Cheese Soufflé Mixed Vegetable Salad Cottage Pudding Coffee	SUN 20	Prune Juice Bacon and Eggs Toast Coffee	Fried Noodles Tossed Salad Coffee Cake with Jam (leftover) Milk	Roast Leg of Pork Candied Sweet Potatoes Spiced Pears Buttered Broccoli Fruit Cup Date Bread
WED 2	Grapefruit Halves Corn Flakes Toast Coffee	Peanut Butter Sandwiches Jelly Dessert Raisin Cookies Milk	Lamb Chop Dinner *	MON 21	Pineapple Juice Whole-grain Cereal Toasted Scones Coffee	Beans in Tomato Sauce Vegetable Salad Bran Muffins Maple Syrup Milk	Cold Pork Boiled Potatoes Diced Beets Apple Pandowdy Coffee
THU 3	Orange Juice Rice Cereal Toast Coffee	Pepper Pot Soup Cottage Cheese Pineapple Salad Hot Scones Milk	Braised Round Steak Carrot Coins French Fried Wax Beans Iced Chocolate Cake Coffee	TUE 22	Oranges Rice Cereal Toast Coffee	Celery Soup (canned) Soda Crackers Fruit Pudding (steamed) Caramel Sauce Milk	Beef and Mushroom Toss *
FRI 4	Apple Juice Wheat-germ Cereal Toast Coffee	Tuna Fish Salad Hot Rolls Apricot Whip Milk	Clear Consommé Packaged Macaroni Dinner Marinated Green Beans Canned Peach Halves Oatmeal Cookies	WED 23	Grapefruit Halves Wheat-germ Cereal Toast Coffee	Canned Spaghetti Lettuce Wedges French Dressing Orange Tapioca Milk	Individual Pork Patties with Vegetables Peach Whip Sugar Cookies Coffee
SAT 5	Whole Oranges Buckwheat Cakes Syrup Coffee	Baked Beans Bacon Roll Lettuce Wedges Butter Tarts Milk	Hot Vegetable Plate (baked potato, beans, broccoli, carrot sticks) Ice-cream Sundaes Coffee	THU 24	Grape Juice Whole-grain Cereal Chelsea Slice Coffee	Canned Luncheon Meat Potato Salad Green Onions Mince Pie Milk	Breaded Veal Cutlet Fried Noodles Lima Beans Tossed Green Salad Rye Wafers Hot Fudge Pie
SUN 6	Grape Juice Scrambled Eggs Toast Coffee	Mushroom Soup Sardine Toast Rolls Pears Sugar Cookies Milk	Roast Beef Riced Potatoes Yorkshire Pudding Mashed Turnip Green Peas Blueberry Pie	FRI 25	Stewed Prunes Whole-grain Cereal Toast Coffee	Celery Potato Onion Soup Old Canadian Cheddar Cheese Crackers Berries	Salmon Steaks Parsley Potatoes Lemon Buttered Spinach Raisin Rice Pudding Coffee
MON 7	Mixed Vegetable Juice Whole-grain Cereal Toasted Scones Coffee	Creamed Eggs on Toast Fruit Cup Date Bread Milk	Liver and Onions Mashed Potatoes Cream-style Corn Chocolate Pudding Coffee	SAT 26	Mixed Vegetable Juice Grilled Bacon Toast Coffee	"Make Your Own Dinner" (salad and sandwich fixings, fresh fruit for dessert) Milk	Family goes out to dinner and the movies
TUE 8	Stewed Prunes Whole-grain Cereal Toast Coffee	Cold Beef Sandwiches Mustard Pickles Butterscotch Squares Milk	Broiled Sausage French Fried Potatoes Tossed Salad Baked Custard Coffee	SUN 27	Grapefruit Juice Scrambled Eggs Tomato Sauce Melba Toast Coffee	Bouillon Jellied Fruit Salad Raisin Bread † Milk	Roast Chicken Cashew Apple Dressing Mashed Potatoes Peas Turnip Strawberry Shortcake
WED 9	Grapefruit Juice Oatmeal Porridge Raisin Buns Marmalade Coffee	Barley Soup French Toast Lemon Sherbet Milk	Beef Stew with Vegetables Raspberry Jelly Roll Coffee	MON 28	Blended Fruit Juice Whole-grain Cereal Toast Coffee	Cream Cheese and Pineapple Sandwiches Radishes Peach Pie	Swiss Steak with Vegetables Canned Plums Ice Wafers Coffee
THU 10	Pineapple Juice Corn Flakes Toast Coffee	Cabbage Casserole Rye Bread Canned Plums Milk	Cold Cuts Potato Salad Tossed Greens Hot Tea Biscuits Apple Pie	TUE 29	Pineapple Juice Corn Flakes Marmalade Toast Coffee	Asparagus Tips on Toast Lemon Parsley Cream Sauce Sliced Oranges Oatmeal Cookies Milk	Cheese Chicken Soufflé Tossed Green Salad Hot French Bread Stewed Apricots Coffee
FRI 11	Half Grapefruit Whole-wheat Biscuits Toast Coffee	Grilled Cheese Buns Celery Jellied Fruit Milk	Tuna-Spinach Bake *	WED 30	Apple Juice Rice Cereal Toast Coffee	Vegetable Salad Plate Tomato Aspic Vanilla Ice Cream Hot Fudge Sauce Milk	Baked Beans Braised Spareribs Green Salad Cheese-Topped Muffins Angel Cake and Ice Cream
SAT 12	Apple Juice Poached Egg on Toast Coffee	Vegetable Soup Toasted Rye Bread Peach Crisp Milk	Sirloin Steak Sautéed Mushrooms French Fried Potatoes Peas Tomatoes Light Cake	THU 31	Orange Juice Whole-grain Cereal Toasted Raisin Buns Coffee	Clam Chowder Cracker Crotons Canned Raspberries Angel Cake Milk	Braised Brisket Fluffy Rice Carrots Fruit Jelly Beans Tea
SUN 13	Orange Slices Waffles Syrup Coffee	Crisp Bacon Creamed Cabbage Lime Fruit Jelly Gingersnaps Milk	Turkey Broilers Brussels Sprouts Lemons Butter Diced Carrots Potatoes Trifle				
MON 14	Grapefruit Juice Whole-grain Cereal Toast Coffee	Split Pea Soup Croutons Chocolate Blanmange Milk	Breaded Veal Cutlets Cauliflower Drawn Butter Sauce Duchess Potatoes Fruitcake				
TUE 15	Applesauce Whole-grain Cereal Toast Coffee	Salmon Sandwiches Assorted Relishes Grapefruit Halves Peanut Butter Cookies Milk	Pork Chops Hawaiian *				
WED 16	Grape Juice Rice Cereal Marmalade Toast Coffee	Green Bean Casserole Cheese Bread Canned Pears Cookies Milk	Turkey à la King Potato Chips Green Pepper Salad Apple Snow Custard Sauce Coffee				
THU 17	Stewed Prunes Fried Eggs Toast Coffee	Assorted Sandwiches Toasted or Plain Butterscotch Nut Pudding Fruit Cookies Milk	Tamale Pie *				
FRI 18	Mixed Vegetable Juice Whole-grain Cereal Toast Coffee	Creamed Eggs in Toast Cases Spinach Salad Canned Berries Milk	Baked Whitefish Hot Tartare Sauce Parsley Potatoes Carrots Lemon Meringue Pie				
SAT 19	Orange Juice Whole-grain Cereal Toast Coffee	Cottage Cheese and Onion Casserole Celery Sticks Lemon Tarts with Ice Cream Milk	Dinner Hot Dogs with Bacon and Cheese Cole Slaw Coffee Cake Marmalade Tea				

Chatelaine Recipe of the Month

† RAISIN BREAD

- 2½ cup hot water
- ½ cup sugar
- 1¼ teaspoons salt
- 2 tablespoons shortening
- 2 tablespoons butter
- ½ cup warm (not hot) water
- 1 teaspoon sugar
- 2 packages dry granular yeast
- 1 beaten egg
- 3 cups sifted all-purpose flour
- 1 cup seedless raisins

Mix together 2½ cup hot water, sugar, salt, shortening and butter. Cool to lukewarm (no sensation of hot or cold when a drop placed on wrist). Measure ½ cup warm water into large mixing bowl. Dissolve 1 teaspoon sugar in water. Test for lukewarm. Sprinkle in yeast (if compressed yeast, crumble it into water). Allow to stand 10 minutes; then stir well. Stir in lukewarm water mixture. Add beaten egg and 2 cups flour. Beat about 1 minute, until quite smooth. Stir in remaining cup of flour and raisins. Mix until well blended. Put in warm, not cold, greased bowl (9-cup capacity). Cover with damp cloth. Let rise at 85 to 90 deg. F. away from drafts, for about 1½ hours. Dough should be double in bulk and even with top of bowl. Stir down. Stir vigorously about ½ minute. Turn into greased, deep 8-inch square mold. Bake at 350 deg. F. for about 1 hour. Cover top of bread with brown paper for last part of baking if it is sufficiently browned. Bread is baked when tapping it on top gives a hollow sound. Turn out on rack and brush top crust with melted butter.

* Recipe appears on page 58

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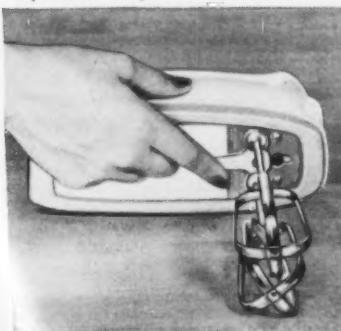
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By CHATELAINE INSTITUTE

LAMB CHOP DINNER

4 lamb shoulder chops	2 tablespoons butter
4 medium potatoes, halved	2 tablespoons flour
8 small onions	1/4 cup milk
1 package frozen peas or corn, partly thawed	1 cup thick sour cream
	Salt and pepper
	1/4 teaspoon powdered ginger
	Paprika

deg. F. for 1 hour, covered. Remove from oven, top with crumbs and bake for 1/2 to 1 hour uncovered. Serves 6. Serve with crisp coleslaw, hot French bread, banana fingers and frozen raspberries.

TAMALE PIE

1 cup corn meal	2 teaspoons chili powder
1 teaspoon salt	2 teaspoons salt
3 cups boiling water	2 cups canned tomatoes, drained
2 tablespoons fat	1 clove garlic, minced
1 onion, chopped	1 cup canned corn
1 pound ground beef	1/2 cup chopped ripe olives

Brown chops. Place in deep casserole, tucking potatoes and onions around and beneath. Add vegetable. In top of double boiler melt butter; stir in flour. Slowly stir in milk, then cream. Add salt, pepper and ginger. Mix until smooth and hot. Pour over chops; sprinkle with paprika. Bake, covered, at 325 deg. F. for 2 hours. Serves 4. Serve with tossed green salad and Roquefort dressing, hot rolls, pantry-shelf compote of fruit.

PORK CHOPS HAWAIIAN

1 can crushed pineapple	2 tablespoons brown sugar
2 large sweet potatoes	4 lean pork chops
	Salt and pepper
	Monosodium glutamate

Place pineapple in casserole; cover with sweet potatoes peeled and cut in 2-inch cubes. Sprinkle with sugar. Top with chops; sprinkle with seasoning and monosodium glutamate. Bake, covered, at 350 deg. F. for 1 hour. Serves 4. Serve with sliced jellied cranberry sauce on lettuce, tea biscuits, chilled rhubarb whip.

BEEF AND MUSHROOM TOSS

2 1/2 cup uncooked rice	1 can condensed beef noodle soup
1 pound ground beef	1 can mushrooms
1/2 cup finely chopped onion	1 can mushroom sauce or mushroom soup
2 stalks celery, chopped	1 cup cooked peas
1 (28-ounce) can tomatoes	Fine bread crumbs

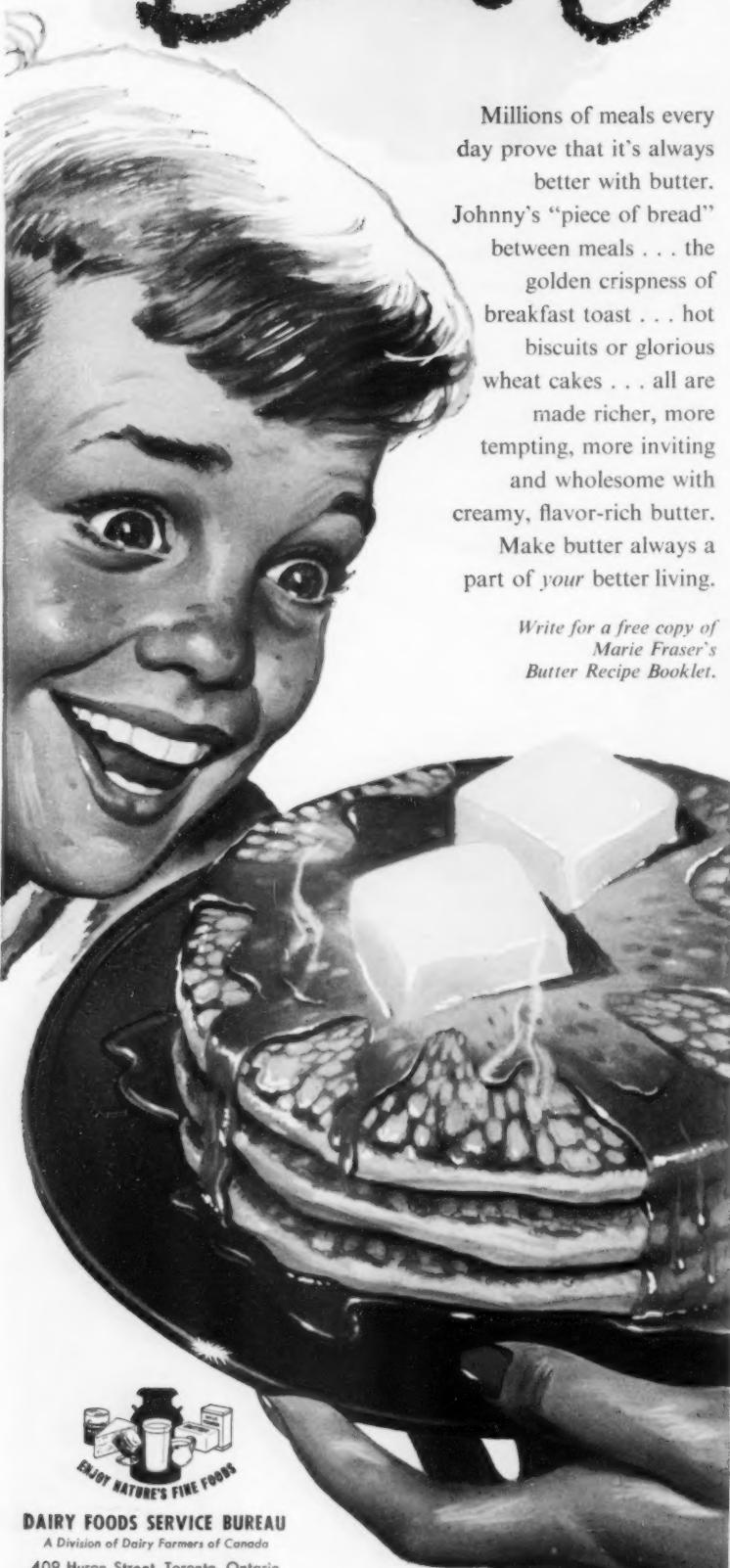
Cook rice. Brown ground beef; season to taste. Combine all ingredients, pour into greased casserole. Bake at 300

Add corn meal and salt to rapidly boiling water. Simmer 10 minutes. Line bottom and sides of a greased 1 1/2-quart casserole with 3/4 of the mixture. Place in 350 deg. F. oven for 15 minutes. Melt fat, add garlic, onions and ground beef; brown. Add remaining ingredients. Mix well. Pour into casserole. Put remaining corn meal on top in strips. Bake at 350 deg. F. for 45 minutes. Serves 6. Serve with Waldorf salad, buttered toast, devil's food squares topped with marshmallow cream.

TUNA-SPINACH BAKE

Potato chips	Salt and pepper
2 cups slightly cooked spinach	3 tablespoons butter
1 (8-ounce) can tuna fish	2 1/2 tablespoons flour
2 hard-boiled eggs, diced	1 1/2 cups milk
1/8 teaspoon Tabasco sauce	1/2 cup grated old Canadian Cheddar cheese

Cover bottom of 1 1/2-quart casserole with potato chips. Top with spinach. Combine next four ingredients; spread over spinach. In top of double boiler melt butter, stir in flour. Slowly stir in milk and heat, stirring constantly, until thickened. Add cheese and mix until well blended. Pour sauce over casserole. Top with potato chips. Bake, uncovered, at 350 deg. F. for 40 minutes. Serves 4. Serve with hot bran muffins, apricot-nut upside-down cake. *



FURNISH A HOME

Continued from page 19

for plants, a white wire frame for a modern print, a black épergne for brilliant, artificial fruit.

By selecting new materials—cane, plastic, bamboo, wrought iron—and with the generous use of paint, by careful arrangement and a judicious process of discarding some old pieces and buying some new, she was able to create just the friendly, bright, comfortable home atmosphere she wanted.

Mr. and Mrs. Bill Elliott, who moved into Don Mills about the same time, had to decide which of their many new wants were the most important, too. They had to solve several priority buying puzzles, deciding between two types of drapes, between one good piece of furniture or several not so good, between the additional cost of a fireplace for their new home or a TV set they had saved for.

"A television set you can always get—next year," said Bettyann. "But Bill and I had always dreamed of a fireplace in our new home, so that was it."

The fireplace dictated the choice of two handsome sectional pieces to flank it—"and the rest of the old furniture will have to do for a while." To fill up some of the empty space, Bettyann cut up lengths of matchstick blinds, centred them with gay impressionistic prints cut from magazines, and hung them effectively on the walls.

After measuring her big front windows, Bettyann found she needed thirty yards of material. Thirty yards times \$4.95—and that was the cost of the material Bettyann felt was just right for their room—plus lining, plus hems, was just too much for the budget. So, instead, she bought thirty yards of theatrical gauze at 59 cents a yard, in alternating panels of yellow and fawn, and made the curtains herself. This ingenious solution has now become one of the nicest features of her living room, as you can see from the photograph accompanying this article.

"We weren't so lucky in the bedroom," she recalls. Those windows were too big for stock-sized blinds. So she bought an inexpensive bamboo veranda blind. She and her husband were putting it up one night when a friend dropped in. After he'd said good night and they were getting ready to go to bed, he came rushing back in.

"Don't go to bed with your lights on," he warned. "You can see right through that thing from outside like a picket fence!"

She still has the decorative blind but now she has draw drapes, too.

Like so many of their neighbors, Bettyann and Bill have become amateur carpenters, painters and paper hangers. For it is in the clean new basement levels, with their full-sized windows, of these suburban homes that the power saws and the workbenches are being set up. From these come the headboards, the coffee tables, the plywood tops for kitchen tables. Here the new slotted aluminum strips for glass-shelved bookcases are measured, the room dividers of corrugated plastic sheets are cut. And while our twentieth-century pioneer is pounding, cutting and measuring, he is already planning more ambitious projects—a storage

wall with sliding doors to house the television set, or bunk beds for the boys.

Upstairs his feminine counterpart is busy with inventive, creative plans of her own. She's deciding they can't afford expensive drapes and that there are equally charming substitutes—matchstick blinds, curtains of denim, burlap, unbleached muslin, even cotton dress goods. She's seeing chairs in terms of rattan or cane, woven leather strips or canvas, and wrought iron. She's choosing light fixtures—milky Swedish globes,

flattened spheres bound in copper or brass, bullet-shaped spotlights.

She's come to the conclusion their life won't be ruined if they can't get wall-to-wall broadloom. Who was it mentioned those lengths of inexpensive Chinese matting that could be sewn together? Didn't she read someplace that the trend was toward "area rugs," little larger than scatter size, that could be placed to form conversation groups?

Our suburban couple are not tied to any traditional way of doing things.

Their plans will be individual ones, tuned to their personal tastes and their private budget. If our new concepts of housing—the flowing space, the flat surfaces, split levels and glass walls—provide a challenge of change, they can meet it with new materials, new ideas, inventive makeovers.

Pared to a minimum of necessary furnishings, these are the homes with room to grow, room for pleasant planning, room for enjoyment of their owners' new-found arts and skills. *

it's B.C. Newtown time

sweet-ripe and juicy —

Delightfully different in appearance and flavour, B.C. Newtows are now at their crisp and juicy best . . . wonderful for eating fresh . . . tops for every apple dessert. Under the green and golden skin is a luscious white flesh — rich and tangy — an exciting, out-of-the-ordinary flavour treat.

Don't let the colour fool you . . . the B.C. Newtown is one of the rare "green" apples that is fully mature . . . unsurpassed at this time of year for fresh eating, and in every cooked dish. See for yourself! . . . Get B.C. Newtows today, and enjoy them often . . . in every way!

B.C. WALDORF SALAD

3 cups unpeeled, sliced apples
½ cup seedless raisins
½ cup chopped nuts
1 cup diced celery
½ cup salad dressing
Combine all ingredients. Let stand in refrigerator for one hour. Serve on lettuce. Serves 8.

B.C. APPLE SLICER

You'll find this stainless steel B.C. Apple corer and slicer a real kitchen helper. Send 25 cents in coin (no stamps please) to B.C. Tree Fruits Ltd., Kelowna, B.C.

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IT'S FUN RAISING A FAMILY!

A safe and happy guide to

Your Baby's First Two Years

Your baby's no longer just a baby.

*He's an individual who is
growing, walking, talking and learning
to love—or fear—the strange
and wonderful world about him.*

*A third selection
from the new baby book*

by *Kate Auten*



By four or five months, he's eager to leave his crib and play on the floor or in a playpen.

YOUR BABY'S FIRST YEAR

LOOKING BACK, you will probably remember the first twelve months of your child's life as the easiest and least troublesome of his entire existence. This year is quite truly the age of innocence even if it's marred with a few childish upsets and mishaps. Whenever you're really worried the safe rule is to call your doctor, your local public-health nurse or your VON nurse. Here are some of the physical things which may bother you.



Keep his toys safe, simple and washable—no lead paint.

Colds. The common cold is one of the most insidious disturbing agents that can affect your baby. One inflexible rule should be laid down by mothers—if you yourself or anyone handling the baby has a cold, wear a flannelette mask and sterilize it each day—and don't handle it except at the edge. If a relative or friend or household helper has a cold, be sure you isolate baby from that person.

If, in spite of all your precautions, your baby catches cold, keep him in his own room with the temperature around sixty-eight degrees. Give him a sponge bath instead of a tub bath. If the air is dry, a boiling kettle on a hot plate at a safe distance from the crib (or you can buy a safety steamer designed for the purpose) will keep it humid enough for his comfort. In order to get a warm, moist temperature you may have to keep him in the kitchen but protect him from draughts. Don't use drugs or nose drops except on your doctor's advice. Do give him plenty of warm sterile water to drink.

If the cold continues, if his temperature rises higher than 101 degrees F., if he rolls his head from side to side as if his ears pain him, if his breathing becomes shallow or if he chokes with mucus, call your doctor. Neglected, the cold may develop into bronchitis or pneumonia or may even prove to be one of the first symptoms of polio.

Fever. To take baby's temperature use a rectal thermometer shaken down well before inserting. Place the baby on his stomach or on his side; dip the bulb in vaseline; insert gently into the rectum about half an inch. Keep it there for a minute. Temperature taken this way is about one degree higher than when taken by the mouth.

The normal temperature for baby is from 98.3 to 99.6 degrees F. Your doctor will tell you that small babies run high temperatures very easily. It isn't the temporary rise in temperature but the length of time it continues which is the danger mark. A temperature of 101 degrees or over if accompanied by a runny nose, a cough or shallow breathing should again signal a call to your doctor.

The natural tendency of a mother when her baby runs a temperature is to wrap him in blankets, close the windows and turn up the furnace. This, your doctor will tell you, may simply increase the fever. When you call him he will probably ask you to give baby a sponge bath before he arrives, to reduce the temperature.

For this sponge bath pad a table with a blanket and large bath towel. Uncover and sponge the upper part of the body with tepid water; pat dry; cover loosely. Now bathe the lower part of the body in the same manner. Frequently after this treatment, and by the time the

doctor has arrived, your baby will be two degrees cooler than when you took his temperature.

Colic. What an unhappy little individual you have in your arms when the colic pains really strike. Your baby will get red in the face, his stomach will get hard, he'll bend his knees and howl sometimes for hours. Oddly, doctors still know little of what causes this common complaint. Sometimes colic will continue for two to three months and, amazingly, baby thrives through it all.

What can you do? Burp him after meals, keep him warm and quiet, tuck in a well-covered, pint-sized, hot-water bottle at his feet and on his stomach. If the colic continues too long ask your doctor about a change of formula. That sometimes helps.

Constipation. If the bowel movements are hard and if your baby cries before his bowel movement, correct that situation right away. It may be the result of underfeeding; sometimes constipation is a sign of not enough nourishment. It could be you've rushed him at his feedings which means he doesn't get enough to satisfy him. It could be that the formula requires changing, so consult your doctor. In all cases of constipation offer baby cooled sterile water between feedings.

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For Chatelaine's Young Parents Kate Aitken writes in future issues about

the Years from Three to Five, School Days, and many other topics

getting strained fruits and vegetables, increase the amount of both, particularly strained prunes or prune juice.

Bottle-fed babies are more apt to be constipated than breast-fed babies. But the modern doctor does not insist on too frequent bowel movements and does not employ artificial stimulants, such as an enema or a suppository, until necessary. It's wise to consult your doctor before using either of these aids for constipation.

Convulsions. Babies sometimes suffer convulsions which may be caused by high fevers, infections or severe indigestion. (They are *not* caused by such minor upsets as teething.) The baby loses consciousness, becomes pale, stiffens out, his arms and legs twitch and he rolls his eyes. The convulsion may continue for some minutes. When it is over call your doctor, who will try to determine and treat the cause of the convulsion. This is one particular case in which the mother must remain calm and competent. (In the very rare case where the convulsion lasts twenty minutes or more rush your baby to the hospital or a doctor's office.)

Croup. No one seems to know why croup should attack your well baby. It may come suddenly in the night when the baby has been put to bed perfectly well. Its symptoms? A hacking cough, hoarseness and difficult breathing. Call your doctor and in the meantime get moisture into the air in the baby's room. Cover the crib with a sheet to make a tent; put an electric kettle of steaming water where no one, including the baby, can possibly be scalded. If you have no way of keeping the water at boiling point, wheel the crib into the bathroom or kitchen, turn on the hot-water faucet or boil the kettle. Another method is to wring out heavy bath towels in hot water and hang them around the room. When the coughing and heavy breathing have stopped take away all the damp cloths and put baby into dry sheets and nightgown. Keep the room warm and moist for several days.

Diarrhea. Here the bowel movements are loose and frequent. In severe cases the baby usually refuses his food and he may vomit. As his condition may rapidly get worse do not delay contacting your doctor. From the time the diarrhea starts keep a chart both for your own reference and for the doctor's information.

This chart should include the number of bowel movements and their characteristics. Until your doctor comes, take the baby off milk entirely and give only lukewarm boiled water containing two level tablespoons of sugar in each pint.

Note on the chart the amount of liquid the baby consumes and whether there is any vomiting. Sponge him off occasionally with lukewarm water. One of the best baby doctors with whom we deal suggests diluted tea but before you try it check with your own doctor—he may not approve.



Immunization shots generally start around six months.

While the diarrhea continues boil each lot of diapers for five minutes; continue until the baby is well again. Your doctor will likely advise you, when the baby's bowel movements become less frequent, to put him back on a weaker formula, gradually increasing the strength until it is back to normal.

Karache. Before baby can talk, karache may occur and is most distressing to him. He may roll his head from side to side or pull at his ear and cry; he may possibly become feverish or his ear may begin discharging. Don't use ear drops (or nose drops) without the advice of your doctor. (A discharging ear, uncared for, may become chronic and result in permanent damage.)

Eczema. This is a scaly, red, itchy rash, which may be moist or dry. It is often persistent (or it may vanish and return). It is difficult to clear up, but usually does not last beyond age two or three. It may be due to an allergy (or sensitivity) to some food, or to contact with wool or other substances. The itchiness may make baby restless and cranky. Here you need the advice of your doctor to help you through this difficult period.

Impetigo. Here is another inflammation of the skin and one that is highly contagious. Patches of closely packed blisters appear on the skin; they fill with fluid; they break and form a brownish scab. Sometimes you may miss seeing the blister stage. If baby is old enough to scratch, the infection spreads quickly. Consequently it should be treated at once. Your doctor can prescribe effective ointments that will clear up the

infection in a short time if scabs are soaked and removed. But baby's clothes, towels and facecloths should be kept quite separate from the family laundry and should be boiled after each washing.

Prickly heat. A great many pin-point red spots or tiny "pearly" blisters will form on his body, especially at the back of his neck. Prickly heat occurs usually in hot weather or when baby is too warmly dressed. Keep him in the shade, dress him more lightly, change him frequently and when possible leave him without a diaper. Bathe him at least twice a day and powder him afterward. If it itches you may apply calamine lotion.

Hiccups. This worrisome business is common to most babies. Sometimes hiccups are so acute they sound like small explosions. A change of position, a few teaspoons of warm water will usually stop them or in a few minutes they may stop of themselves. If you pick him up and hold his stomach down on your knees and pat his back the hiccups usually vanish. Don't worry; he is not going to blow up.

Immunization shots. Your doctor will tell you what immunization shots he wants your child to receive. These provide permanent protection against smallpox, tetanus, diphtheria and whooping cough.

Although smallpox is not the menace it once was, doctors advise that during the first twelve to fifteen months your baby be given a smallpox vaccination. It takes (and you will know by the

small festering scab following the vaccination) your baby is immune to smallpox. If it does not take the doctor will probably inoculate him again.

The tetanus and diphtheria toxoid and whooping-cough vaccine are all combined in one injection. Doctors and health departments vary somewhat in the timing of these injections. Some doctors will begin them as early as three months. However a familiar pattern is to give the injections at six, seven, eight and eleven months, then at two, four, and six years.

Many babies don't even cry when subjected to "shots" although some are frightened. Actually, the child's reaction largely reflects your own attitude. If you treat the visit to doctor or clinic matter-of-factly baby is less likely to become upset.

Typhoid fever is no longer common because of the use of safe water and pasteurized milk. But if there are cases in your community, or if you are traveling where food or water supply may be contaminated, have your child inoculated against typhoid fever.

Teething. First of all let's clarify the teething situation. Normally your baby is not too much upset with teething. He will drool a lot and loves chewing on a hard crust or teething biscuit. He probably will become slightly fussy. But teething should not be blamed for diarrhea, coughs, fever or convulsions.

Altogether your baby will have twenty baby teeth, all of which will fall out as the permanent ones push through. Usually the first teeth appear between the sixth and eighth month but this

DAILY ROUTINE CHART

7.30 a.m.	—Toilet, wash up, dress
8 a.m.	—Breakfast, brush teeth, toilet (this will probably be a bowel movement); wash up, play, preferably outside or inside in a sunny room
10 a.m.	—Midmorning glass of juice
11 a.m.	—Toilet, wash up, rest period
12 noon	—Hot dinner, brush teeth, toilet, wash up
1 p.m.	—Sleep in darkened room
3 p.m.	—Toilet, wash up, snack, brush teeth; play in open air, summer and winter unless too stormy
5.45 p.m.	—Toilet, wash up, plain supper, brush teeth; a chance to play with daddy, hear stories or records
7 p.m.	—Toilet, bath and bed
10-11 p.m.	—Last call for bathroom

See page 68 for more tips on routine

Sandwiches stay soft-

Early morning freshness and flavor are wrapped right into lunchbox sandwiches when you use FOOD-SAVER. It's economical, too, for the 100-foot roll costs so little and goes a long, long way. Pure white, heavy, strong... a good cook's right hand helper... FOOD-SAVER is sold everywhere.

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It's so handy to tear off any length evenly from roll in the familiar green and white box with the metal Safe-T-Tear edge.

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period varies greatly. Occasionally a baby will be a year old before his first tooth comes through. If he gets his supply of milk, fish-liver oil and other suitable foods, plus plenty of sunshine, exercise, fresh air and rest, his teeth will come through quite normally. By the end of two and a half years the twenty teeth should be through.

Your dentist will tell you that baby's milk teeth should be cleaned from the moment the first two teeth come through. The reason? If some of the baby teeth are lost through decay before the permanent teeth come through, the permanent teeth may be crooked and your child will not have the good teeth he can smilingly show when he applies for his first job. When his teeth appear, clean them gently by rubbing them with absorbent cotton wound around one finger. You can promote him to a toothbrush at two or three years of age.

Thumb-sucking. Thumb-sucking with babies is almost universal. As inevitably as day follows night your baby will discover the most direct route from his thumb to his mouth. This habit has caused more controversy than any other childish habit since no one can speak with authority as to the cause or the effect.

Forty years ago mothers would point with pride to a thumb-sucking baby and exclaim, "He's going to be a good baby. He sucks his thumb." Twenty years ago thumb-sucking came into great disrepute. Baby specialists claimed it was responsible for crooked teeth and bad habits, that it was a manifestation of not enough affection, not enough sucking to satisfy that instinct; in other words your small son felt he was the forgotten man. His elders baffled him with various mechanical aids, metal thumb mitts, adhesive tape, vile-tasting medicines. The result? The frustrated child sucked his thumb even harder than before.

Now both specialists and parents take thumb-sucking more philosophically. They realize that sucking is a means of satisfying hunger, either for food or attention. If his feeding time is increased either on the breast or the bottle and if in addition you let him suck his thumb, when he comes round to it he will quit of his own accord.

By the time baby's a year old he may voluntarily give up his thumb-sucking or he may continue until he is two or three years old. After the twelve-month period is up he uses thumb-sucking as a sort of comfort at special times. You'll notice the thumb will go into his mouth when he's tired, or bored, or ill at ease or can't keep up with his older brothers and sisters. If thumb-sucking continues much beyond the three-year mark, then turn the candid camera on you, yourself. There are some days when you're at loggerheads with your child all day. Everything he does annoys you. You stop him from doing what he wants to do and the thumb pops into the mouth. A happy, well-fed, well-adjusted child will stop thumb-sucking on his own.

Here is one example. Two young brothers, one five and one four, were divergent in temperaments. The older was smart to the point of being precocious; the younger was slower to talk, walk and co-ordinate. Naturally the older boy got the attention and praise. When this occurred the smaller lad thrust his thumb into his mouth. The doctor who discovered the situation

WAMPOLE'S PHOSPHO LECITHIN



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Tired? Nervous? Tense? If your nerves are exhausted through overwork, worry or illness, here is effective help! Wampole's Phospho-Lecithin brings new vitality, provides immediate and sustained improvement by supplying the essential elements that build up nerve tissue. It is a valuable restorative tonic after illness. For relief in depressed conditions of the nervous system, rely on Wampole's Phospho-Lecithin! Maybe your husband needs Phospho-Lecithin too!



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spoke to the parents quite plainly, advised an equal amount of attention and praise for both children. Within three months the younger son had stopped his thumb-sucking and showed an amazing degree of both mental and physical development.

Vomiting. There is a great difference between spitting up after meals and vomiting. Spitting up may result from too much food, too much air swallowed or too much activity after a meal.

If vomiting persists or is accompanied by fever or loss of appetite or drowsiness, best call your doctor right away. Give no food or fluid except on his advice. Again keep a little chart to show the doctor when he calls, recording how much fluid the baby is taking and whether there has been any more vomiting.

Helpful hints in handling baby. Friends and relatives will give your baby dozens of toys, all of which he will put in his mouth, so washable ones are best. Generally speaking all toys purchased today are finished in harmless paint but make sure toys and baby furniture are never repainted with paints containing lead.

If you make your own "soft" toys stuff them with laddered nylon stockings. They wash and dry in no time.

Colored plastic dish covers with the elastic around the edge make an ideal toy for even the four-month-old. They are easy to keep clean, have no sharp edges and make that pleasant rustling sound which he loves.

When baby goes traveling with you in the car use the different pockets of a partitioned shoe bag attached to the back of the front seat for his feeding bottles, Thermos bottle, powder, oil and extra diapers. It's much tidier than a carry-all. His formula, of course, should be kept cold en route.

When making covers for baby's carriage or crib use ordinary quilted table padding; cover with sateen or some similar soft material. No lumping when the cover is washed.

When baby needs a bib while eating use soft white washcloths; they can go into the laundry with the regular towels. To keep this washcloth in place use two diaper pins with a short chain connecting them.

During this age of innocence your child's personality gradually begins to develop. He becomes sociable and companionable; he begins to take an interest in you and his own small world about him. Even like us grownups he has his off days when he bangs his head or

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Bake it with MAGIC and serve it with pride!

Ginger Cream

DEVIL'S FOOD



GINGER-CREAM DEVIL'S FOOD

1/2 cup cocoa	3 tps. Magic Baking Powder
1 1/2 cups fine granulated sugar	1/2 tsp. baking soda
1 1/2 cups milk	1/2 tsp. salt
2 cups sifted pastry flour or	9 tbsps. butter or margarine
1 1/4 cups sifted all-purpose flour	2 eggs, well beaten
	1 1/2 tps. vanilla

Grease two 8-inch round layer-cake pans and line bottoms with greased paper. Preheat oven to 350° (moderate). Combine cocoa and 1/4 cup of the sugar in a saucepan; gradually blend in 2/3 cup of the milk; bring to the boil, stirring until sugar dissolves; cool thoroughly. Sift flour, Magic Baking Powder, baking soda and salt together three times. Cream butter or margarine; gradually blend in remaining 1/4 cup sugar. Add well-beaten eggs part at a time, beating well after each addition. Stir in cold chocolate mixture. Combine remaining 2/3 cup milk and vanilla. Add flour mixture to creamed mixture about a quarter at a time, alternating with three additions of milk and vanilla and combining lightly after each addition. Turn into prepared pans. Bake in preheated oven 40 to 45 minutes. Cover one layer of cold cake with the following Ginger-Cream Filling; let stand about 1/2 hour then cover with second cake. When filling is set, top cake (or cover all over) with whipped cream; sprinkle with toasted sliced almonds and chopped ginger and serve immediately. Or cake may be topped with any desired frosting.

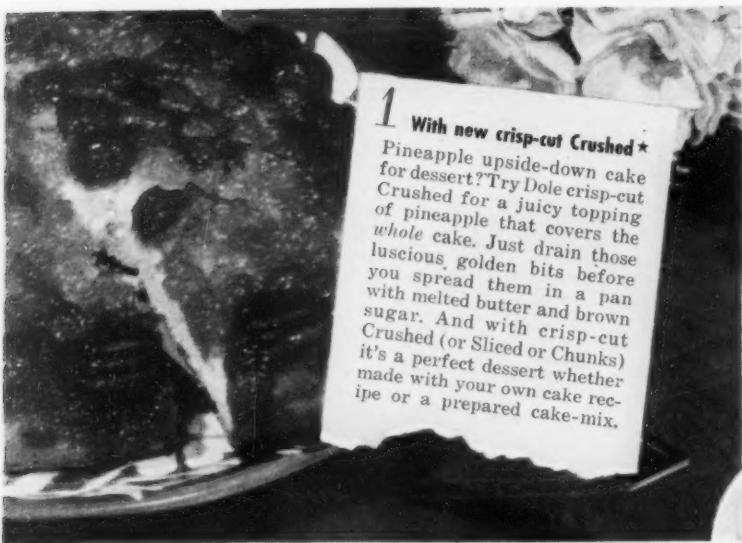
GINGER-CREAM FILLING: Scald 1 1/2 cups milk and 2 tbsps. cut-up preserved or candied ginger in double boiler. Combine 1/4 cup granulated sugar, 2 1/2 tbsps. corn starch and 1/4 tsp. salt; slowly stir in milk mixture. Pour back into pan and cook over boiling water, stirring constantly, until smoothly thickened; cover and cook, stirring occasionally, until no raw flavor of starch remains—about 7 minutes longer. Slowly stir hot mixture into 1 slightly-beaten egg; return to double boiler and cook over hot water, stirring constantly, for 1 minute. Remove from heat; gradually stir in 1 tbsp. butter or margarine and 1/4 tsp. vanilla. Cool this filling thoroughly before spreading on cake.

Sit serene in your accomplishments, Madam! You know the thrilled comments on your cake making are merited — for you planned and baked this magnificent Magic dessert cake *all yourself!* You know its velvet-rich texture and sumptuous flavor will match its triple-toned beauty—thanks to Magic Baking Powder!

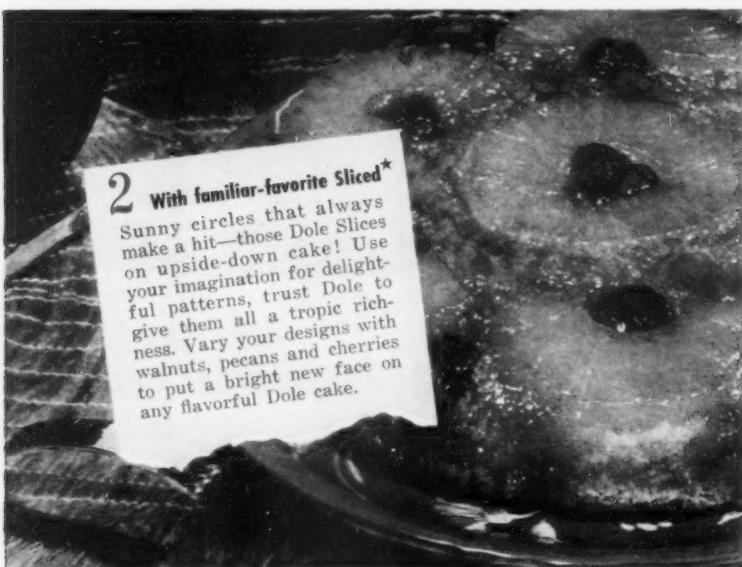
Smart cooks wouldn't dream of being without Magic—for that touch of sure perfection in everything they bake. Magic's famed dependability insures your more expensive ingredients — yet costs less than 1¢ per average baking.



Magic costs less than
1¢ per average baking!



3 Pineapple upside-down



cakes by DOLE



heels, violently rocks his crib, pushes his food away—in fact has a real tantrum. How can you handle this growing personality?

Exercise and entertainment. By the time baby is between four and five months old he will amuse you by laughing out loud . . . by reaching for shining objects . . . by holding his head steady when you carry him . . . by splashing with his hand when he's in the tub . . . by playing with his own hands and trying to grab his toes . . . by rolling over. All these actions mean that he's ready for a larger space than his crib or carriage. He can now graduate to a protected space on the floor with a heavy blanket underneath him, or into a playpen.

The playpen? The collapsible type with a platform raised a few inches above the floor keeps baby above draughts indoors and off the damp ground outdoors. You can buy plastic-covered pads for the playpen, or washable cotton pads. He is now ready for toys . . . a rattle . . . a bright-colored knitted animal or a ball. Let him play with them or not as he wishes; don't excite him by shaking them in front of him all the time.

He'll want to play more and you'll enjoy playing with him. Peel your vegetables, do your ironing and mending sitting beside him. Humming or singing or reciting the simple nursery rhymes and verses you learned at school will keep him entranced. Also, if you guard your own inflection and the pitch of your voice baby too will develop a clear, distinct, unraucous voice of his own.

The half-year mark. At six months your baby has reached the halfway mark to his first birthday. During the next two months occasionally he will sit bolt upright without any support . . . he will bang his spoon on the table . . . he will pick up a small object off his table or off the floor and hold it . . . he will start to coo and crow . . . he will even show his temper if things don't suit him. This is a very exciting period in baby's development, one that will entrance and delight you.

New faces. Now is the time when baby should become accustomed to new faces. If you leave him with a neighbor or a competent baby sitter have her come before you leave home and perform some active service for him such as giving him his bottle or changing his diaper. Thus he becomes accustomed to a face other than your own and doesn't need to go through that difficult period we call "making strange."

Childish fears. From birth you'll notice that loud or sudden noises will terrify baby. The sudden blare of the radio, the buzz of the vacuum cleaner, the sudden bang of the door or even the gurgle of water down the drain, any or all of these may send him off in a fit of screaming. How to do away with these fears? Holding baby in your arms, turn on the radio or the vacuum cleaner, pull the plug out of the bathtub and let the water gurgle down. Hold him securely and smile through all these noises and the fear vanishes. A sudden loud clap of thunder may terrify him. Pick him up, hold him protectively and when he has stopped crying put him back in his crib again. Don't let the older children "boo" at him suddenly. It may be fun

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Just spread this miracle jelly . . . let dry . . . then wipe away even baked-on grease! No scraping! No ammonia! Ovens sparkle!

8 oz. 59¢—16 oz. 98¢

WIZARD Oven Cleaner

BABY'S COLDS

Help Nature To Fight Them Off

Medical Science denies there is any such thing as a cure for colds—only Nature herself can do it. So when baby's sniffles, or stuffy breathing warns you of a cold's presence—cooperate at once with Nature.

See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating materials that make baby restless and feverish.

One Nova Scotia Mother says: "My baby of 20 months caught a nasty cold so I tried Baby's Own Tablets and she got this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on." Equally good for restlessness and peevishness resulting from irregularity at teething time, for constipation, digestive upsets and other minor infant troubles. Taste good and are easy to take! Get a package today.



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for any baby...**



Softie DIAPER RINSE

PREVENTS DIAPER RASH

**Let SOFTIE help keep
that precious new baby
comfortable and happy!**

Softie

Prevents diaper rash by eliminating the cause.
Makes diapers and all baby's things—towels, clothing, bedding, fluffy soft, easy to pin and fold, keeps diapers sweet and fresh with no trace of ammonia odour. Get Softie from your own druggist.

Recommended and used by leading Canadian hospitals and pediatricians.



ASSOCIATED CHEMICAL

Company of Canada Limited, Toronto, Ont.

for them but it's a near catastrophe for the six-month-old.

The other fear all children are born with is that of falling—so always hold baby securely. Even a slip can scare him.

His passive vocabulary. The gurgling, the babbling and the cooing noises with which your baby amuses himself from his fourth to eighth month are all part of what we call his "passive vocabulary." He's trying to talk and this is the way he goes about it. At this stage talk to him in short, concise sentences (as a matter of fact this is a rule which can be applied throughout all the childhood years). From your inflection he knows whether you're pleased or annoyed with him, whether you're scolding or praising him. Be liberal with praise and stingy with scolding.

Creeping. Baby has been in his playpen or on the floor for two or three months now. Around the seventh or eighth month he will probably start to creep. Don't be worried if he creeps sitting up, with one knee being the lead horse, or whether he creeps on all fours or works out some other system of his own. And you can encourage him to creep by placing a toy just outside his reach. So long as you can watch him don't try to restrict his creeping area. The more he creeps the faster he'll learn to pull himself into a standing position and walk.

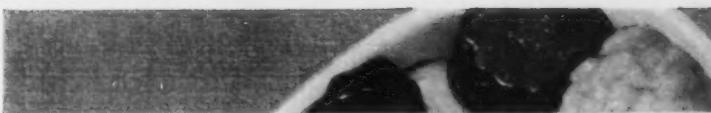
Now is the time to put gates on the stairways, a guard around a wood or coal stove, in fact to watch for every hazard which may harm him.

Poisons, medicines, cleaning preparations, lye or other drain cleaners, cans with sharp edges—all should be placed well beyond his reach and preferably out of his sight as well. Don't give him an empty talcum-powder can to play with; even a residue of the powder can affect his lungs. Also at this period it's better to wash his shoes than polish them since they too eventually get to his mouth.

Head-banging and bouncing. Between six and eight months your baby may start head-banging, rolling his crib across the floor or bouncing himself up and down—all this without any apparent reason. As with colic, doctors have not been able to establish just why a baby will do this, but it usually occurs as he drops off to sleep or comes awake. Possibly it's because these are tense moments for certain babies and the violent physical activity relieves them.

For young parents it is really distressing to see or hear their baby using his precious head for a battering ram. Often they're afraid he'll damage his brain. He won't. The main thing is for parents not to worry and not to frustrate the child any more than necessary. For the head-banging baby, place firm padding on the inside of his crib so that he cannot injure himself. For the bouncing baby, you might try standing the crib in a corner and padding the walls so that the crib will not break the plaster; tie the crib legs to the baseboard.

One of the most successful methods is the soft playing of a slumber-song record over and over again to relieve tension. Another method tried by many mothers is the gentle rubbing of the back from one end to the other. The comforting thing is that this habit does not extend over a long period of time. With a baby like this do not play with him or excite



The special spicing's so enticing in Rose Brand!



Your family will be mighty pleased with these Rose Brand Sweet Pickles. They're crisp, juicy delights artistically spiced with real and rare spices. So many different kinds of Rose Brand Pickles to enjoy, too! Just as family-satisfying are Rose Brand Pure Jams, Jellies and Marmalades. Get Rose Brand when you shop.

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NYLON and PIMA
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You'll look like a dream in this versatile charmer... wear it through the day and with your best beau! The fabric is a joy to wash, so easy to press 'cause it's 42% NYLON, 58% PIMA cotton. Pert tucked bodice with crisp rayon linen collar and cuffs... full, whirling skirt. In grey, navy or lilac print. Sizes 7 to 17, 8 to 16. A wonderful buy at \$10.95

Order by mail—Use this convenient coupon. Satisfaction guaranteed or money refunded. **Lana Lobell**, 366 Mayor Street, Montreal PQ., Canada, Dept. C-1. Please send me **Dancing Doll** dresses at \$10.95 each. Size _____ Color _____ 2nd Color _____ Name _____ Address _____ Province _____ Good Tip: Prepay your order and save C.O.D. charges. Payment incl. Add 25¢ for postage & handling. C.O.D. Enclose \$1 deposit on all C.O.D. orders. I am enclosing 25¢ for latest fashion catalog.



Your Youngster Will Love This Cough Syrup! with VITAMIN C



Even the most stuffed-up, cough-torn little fellow will open his mouth eagerly for JACK and JILL Cough Syrup. And in no time happy little smiles will replace agonizing coughing.

You see, JACK and JILL is the kiddies' own special cough syrup. It was developed in the Buckley Laboratory with the special needs of youngsters in mind. The result is a tempting wild cherry flavor combined with soothing ingredients which relieve kiddies' coughs safely and lightning fast.

What's more, JACK and JILL helps replace Vitamin C, and thus increases your child's resistance to colds and infections.

JACK and JILL has so won the confidence of mothers everywhere that it is now the largest selling children's cough syrup in Canada. Sold everywhere - 50¢.

JACK and JILL

Cough Syrup for Children
For Children's Chest Colds Use
JACK and JILL RUB

him before bedtime. In fact this is a good rule for all babies.

Baby's wardrobe. With all the decorative gift clothes baby received, your only problem this year will be the utilitarian everyday clothes, easily laundered and comfortable. Since you will be doing a daily wash for him through this first year, anyway, you need not stock up on a large supply. The following is the minimum he will need.

From one to four months your baby will live in cotton shirts (four), nightgowns or wrap-arounds (four to six), diapers (forty-two), sweaters, socks,

bootees, bonnet for outdoors and a warm sleeping bag or coat.

From four to six months he will be happy in shirts, diapers, socks, bootees and wrap-arounds. For the summer months if he is in his playpen he will need sun suits and a sun hat.

From six months to a year he will need shirts, diapers, sweaters, rompers or overalls, stockings and, when he learns to stand, heelless shoes with a rough flexible sole. If such shoes are not obtainable press adhesive tape on soles and heels of shoes so he won't slip.

Rubber panties or plastic-lined panties are necessary for special occasions but

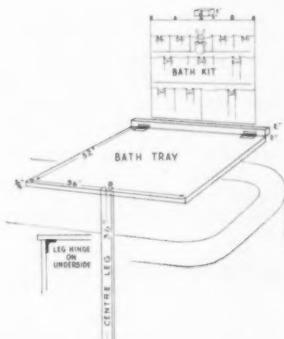


MAKE THIS HANDY BABY BATH CENTRE

Designed by Edna McMillan

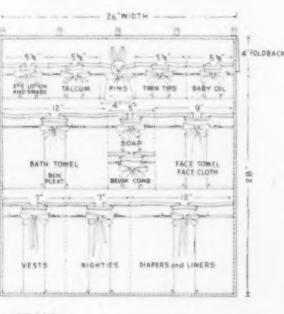
BABY'S BATH WILL be far easier and pleasanter for both of you if you collect all the equipment you need permanently in one spot. You can make the bath centre shown here quickly and cheaply yourself. The best place is in the bathroom, over the tub. Have your husband make a hinged, drop-leaf BATH TABLE to hold the washbasin during the bath and serve as a drying, powdering and changing counter afterward. You make the plastic BATH KIT which hangs like a shoe bag over the table and holds towel, soap, pins, powder, etc. When bath time is over the table folds up over the kit and hooks to the wall—and everything is kept neatly together—ready to use the next time.

Bath Table. Height is 36" (or whatever is most convenient for you). Use $\frac{3}{4}$ " plywood in dimensions sketched, making sure they allow table and leg (3" x 1" x 36") to clear your tub. Round the two front corners and sand all edges smooth. At front centre hinge on leg so that it hangs down flat against the table when hooked to wall. Screw wooden strip (3" x 2" x 2") to wall at table height and hinge table to it so it folds up and hooks to small wooden block (2" x 2") screwed to wall. Enamel to match your bathroom. Bath kit hangs between the folded-up tray and wall.



Bath Kit. Materials: 1½ yards of 36" colored plastic; 2 packages matching folded bias tape; elastic; satin ribbon for pincushion. Cost: \$1.50. Cut four pieces of plastic. Back: 26" x 32", with 4" foldback at top for strength.

Three pocket strips: depth as sketched, width 36" (this allows 10" extra fullness for pockets). Bind top edges of pocket strips with tape and pin to back; divide extra fullness evenly among pockets with box pleat at bottom of each. To gather fullness run elastic about 2" from top through entire width of each strip, stretching it out in the centre while stitching. This gathers up fullness when elastic is released. Stitch pockets to back and decorate with bias-tape bow. Bind four sides of kit, which are doubled at top, bottom and outside edges of pockets for strength. Attach five tape loops at top for hanging on nails. Attach bunny pincushion to top centre pocket, which is made flat to hold safety-pin cards. BUNNY PINCUSHION: Stitch together two 9" x 1½" ribbons to make one ribbon 3" wide. Sew up side seams to make a bag 4½" deep. Stuff with cotton batting and gather top. Attach to large flat button covered with matching ribbon on which bunny face is drawn. Ears are folds of ½" ribbon. Finish with a jaunty ribbon bow tie.



MOTHERS! NOW, Double-Quick Relief for **CHILDREN'S CHEST COLDS**

WITH BUCKLEY'S
NEW
JACK
and **JILL RUB**
With Lanolin

Remember the last time your little one tossed and turned and gasped for breath with a stuffed up, wheezing chest cold?

Well, next time, be ready with Buckley's new JACK and JILL RUB with lanolin. You'll be overjoyed with its fast relieving action and its pleasant non-medical aroma.

When you massage JACK and JILL RUB on the cold-tight little chest, the iron grip of congestion relaxes almost at once. Achey cold pains are quickly soothed. That's because this gentle rub is specially compounded to fight kiddies' chest colds safely. The lanolin in JACK and JILL RUB helps the congestion fighting warmth of medication to melt deep down into the skin — fast. And as this happens, body warmth releases pleasant vapours which help the little one to breathe freely.

So get JACK and JILL RUB—worthy companion to famous JACK and JILL Cough Syrup — and be prepared to fight off chest colds swiftly, safely and pleasantly — 59¢ everywhere.

JACK and JILL

RUB with Lanolin

For Kiddies' Coughs Use
JACK and JILL Cough Syrup

STOP SMELLS

KILLS COOKING ODORS

Keeps Your Home Sweet-Smelling 24 Hours a Day!

Odor-Conditions any room, cellar to bathroom. Kills fish, onion, cabbage, tobacco smells. Two scents: Pine or Spring Bouquet.

No... Not 69¢... only 59¢

WIZARD WICK DEODORIZER

For Tired Feet



Stains in your Toilet Bowl? USE SANI-FLUSH

Stains that show up in your toilet bowl are easily removed when you use Sani-Flush. No messy scrubbing. No hard work. It disinfects too. Just follow directions on the can.

Sani-Flush was made for one purpose—to clean toilet bowls. Use it several times a week for unquestioned toilet bowl sanitation.

Made in Canada. Distributed by Harold F. Ritchie & Co., Ltd., Toronto, Ontario.

Sani-Flush

PERFUMED

Safe with all Septic Tank Systems



baby should never be put to sleep in them either during the day or night. Both rubber and plastic exclude the air and then hot wet diapers may irritate the skin.

Comes the end of the first year. During his first twelve months your baby will have trebled his weight and stretched up from eight to ten inches in height. That is, if at birth he weighed seven pounds and was between nineteen and twenty-one inches high, he now will likely weigh between twenty and twenty-one pounds and measure twenty-eight to thirty-one inches from head to foot.

Now that he's a year old he can sit up securely without back support. He can probably pull himself erect, perhaps he can stand alone, he may even have begun to walk.

His favorite toys at this age are your kitchen utensils, so let him enjoy the ones without sharp edges. Buy him a small double boiler with a lid; he will spend hours putting it together and taking it apart again.

The one little trick easily taught and which he enjoys is waving a welcome or good-by to his dad. Indeed he will probably learn to say "dad-da" and "mama" by the time you light his first birthday candle. Also he's learned to throw things—spoons, his feeding plate, his hairbrush. It's a fine distinction when to scold him for these antics and when to praise him for being smart. He's now a small individual with his mind and his emotions developing as rapidly as his body.

YOUR BABY'S SECOND YEAR

YOUR BABY'S FIRST birthday is a real milestone. He has passed the helpless stage of babyhood and is now entering his year of discovery—how to walk, how to talk, how to feed himself, how to partially dress himself. You are entering the year when you and baby will work together as a team or when your two wills will clash.

As naturally as the part in the baby's hair this second year falls into three logical periods: from the twelfth to the fifteenth month; from the fifteenth to the eighteenth month and from the eighteenth month to his second birthday. Since one flows into the other let's take them in succession.

Between twelve and fifteen months baby will possibly link two words when talking . . . will stop playing when spoken to . . . will hold a cup in both hands and drink without help. He will walk with assistance and sit down himself, sometimes rather abruptly. He knows when you laugh at him that he is truly amusing, will frequently repeat his antics to raise another laugh. He will hold a pencil and make queer wobbly little strokes with it.

From fifteen to eighteen months your child may really be starting to talk. He will want to help you dress him, tugging at shoes and stockings, trying to get into his own shirt. Encourage him in this effort. He will probably walk alone, navigating the entire house. To relieve your own mind of worry, tie a little bell on one shoe. From the tinkle, tinkle of the bell you'll be able to locate him no

**Children's Size Aspirin
QUICKLY RELIEVES
discomforts of
COLDS
-REDUCES FEVER,
TOO!**



And Youngsters Love Its Candy-Like Flavour!

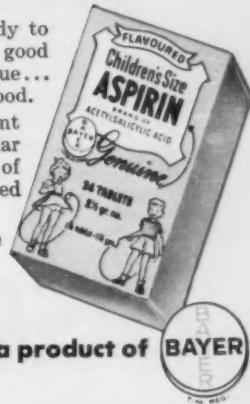
Keep Flavoured Children's Size ASPIRIN handy to use whenever your child needs it. It tastes so good children gladly chew it or let it melt on their tongue . . . drink it dissolved in water . . . or mix it with food.

You'll find these tablets wonderfully convenient to use, too, because each one equals $\frac{1}{2}$ a regular size ASPIRIN tablet. This ends the nuisance of breaking a tablet to give the usually prescribed child's dosage.

So buy a bottle of Flavoured Children's Size ASPIRIN today. 24 tablets only 29¢.

Flavoured Children's Size

ASPIRIN a product of BAYER



Be sure

it's a GOR-RAY!



Flared or pencil-slim, pleated or plain, the cut and the cloth in a Gor-Ray skirt are the finest you can see! Superbly styled in England, tailored by expert craftsmen, the skirt with the Gor-Ray label is the most sought-after in the world. When YOU want a skirt that has everything—look for the one with the Gor-Ray label!

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Only CASTORIA
GIVES **ALL THREE**



1. Mild, gentle action
2. Thorough, fast relief
3. The taste children love

Next time your child is cross, peevish or upset from common constipation, remember Castoria is a safe, easy, pleasant-tasting way to bring natural-like relief. Castoria contains a mild vegetable extract, carefully prepared to work comfortably without griping, yet Castoria provides the positive, thorough action you want. Castoria is a liquid, easily swallowed by the youngest child. You can be sure it contains no harsh drugs—no phenolphthalein, calomel or epsom salts. Every batch of Castoria is clinically tested by specialists to assure uniform high quality.

An ideal laxative for all children
"from diaper stage to dancing age"

CASTORIA

For 86 Years the Most Trusted Name in Laxatives

For very best care
of a fine wood floor
Buy Johnson's
Paste Wax
at your favorite store



Takes one low-cost coat
to give lasting protection,
And shine buffs so bright
you can see your reflection!



Wax once...relax months!

**Johnson's
Paste Wax**
makes floors shine longest!



matter into which room he has strayed.

He will learn to handle a spoon and eat fairly well. He will learn to put his blocks together in a definite pattern and will fit pegs into a board. He will begin to learn daytime bladder control particularly if you yourself watch the timing.

From eighteen months to two years of age you will find you have on your hands a small mountain climber. He'll climb the stairs, stand on your kitchen stool, pull out the kitchen drawers (and use them for steps). As a matter of fact your heart will be in your mouth a good part of the time because of this adventurous climbing.

He will probably make short sentences, will learn to recognize his hair, his ears, his nose and mouth, will point to them when you mention the words. By this time too he enjoys picture books, old magazines, even the daily paper because of its pictures. He will scribble on paper with pencil or crayons; now is the time he will scribble on walls and that is the time for training. He will enjoy an old purse in which to keep his crayons or treasures, will enjoy building blocks and will never be still one moment of his waking hours.

He will enjoy washing his own hands and face although it will only be a lark and a promise. Soon after he starts this

Awake or
Asleep
No Diaper Rash



DIAPARENE

ANTISEPTIC

For prevention of diaper rash
DIAPARENE RINSE

For elimination of diaper rash
DIAPARENE OINTMENT or POWDER

Doctors, Nurses, hospitals and clinics throughout Canada and the United States recommend Diaparene.

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ANTISEPTIC DIAPARENE RINSE



washing-up routine you will have to start watching the taps, or the place will be flooded out. Again if each child has his own colored towel, toothbrush, comb and washcloth he develops tidiness and a pride in his own possessions.

There's your small man by the time he's reached his second birthday. He's approximately thirty-four inches in height, will weigh anywhere from twenty-four to thirty-two pounds depending on whether he's stocky or slender in body. He is the proud possessor of from twelve to eighteen teeth which on occasion he uses for biting you. He's a child of whom you're proud. But how about the parents? Have you been able to weather the storm?

What daily routine should your child follow? See the chart on page 61 for a typical routine your child can follow in his second year.

More helpful tips are these: If both parents rise at 7:30 a.m., dad can care for children while mother prepares breakfast. If clean clothes are laid out at night dressing proceeds smoothly.

Have children enjoy meals with the family as early in life as possible, but remember not to nag or coax them to eat. Plastic mats or squares of wax paper will keep cloth and table clean since there will be inevitable spills. For these upsets keep two small towels or paper napkins handy so that the meal is undisturbed by confusion or irritation.

Since children inevitably finish breakfast before parents, have ready some toy with which they can amuse themselves while you enjoy a last cup of coffee.

Dora's DOWN

MENSTRUAL PAIN

Midol acts three ways to bring relief from menstrual suffering. It relieves cramps, eases headache and it chases the "blues." Dora now takes Midol at the first sign of menstrual distress.



Corns

Callouses, Bunions, Sore Toes

SUPER-FAST RELIEF!

Super-Soft Dr. Scholl's Zino-pads are 5 ways better. No other method does as much for you!

1. Relieve pain in a jiffy ...
2. Remove Corns, Callouses one of the fastest ways known ...
3. Stop Corns, Callouses BEFORE they can develop ...
4. Prevent Sore Toes, Blisters ...
5. Ease New or Tight Shoes.

Get a box today! Sold everywhere.

Dr. Scholl's Zino-pads



A stool which will push under the washbasin will teach your child to wash himself without help.

The main meal of the day, which should come at noon, can be as neatly and attractively served as if for grown-ups.

Afternoon sleep is important because without it he will be tired and fussy between 4 p.m. and bedtime. Also at this time of day there is the excitement of dad's home-coming and the gentle evening play hour.

If bad weather prevents your child from playing outdoors try not to coop him up in one small area. An old sheet or a tarp spread on a rug, an adequate supply of cheap art paper and tempera paints will keep a child of eighteen months or more busy indefinitely. Paint can be placed in muffin pans or small cans. Provide even small children with a large artist's paintbrush. Tiny fingers

hit the pillow but don't expect your children to follow his example. After tucking into bed, your children may not go to sleep for from fifteen minutes to half an hour. But if all have gone to the toilet just before bedding down it is wise to disregard the shouts for water or bathroom which usually are another means of getting attention. Better to shorten the afternoon nap than to have this sort of disturbance going on until eight-thirty or nine o'clock. Like so many other things, the call for attention

after bedtime gets to be a racket which it is wise to curb and discontinue.

What foods are necessary at this period?

Your one-year-old needs three kinds of food substances—energy producers, body builders and body protectors. These are all found in varying amounts in most foods.

The energy producers are contained in grain products (cereals and flour) meats, fats and sugar. It's the burning, or the oxidation, of these products in the body

which produces the energy needed for growth, development and his tremendous bodily activities. Sugar and other sweets are the poorest foods as they provide energy only. All other foods give us other valuable things as well.

The body builders are especially milk, eggs, cheese, meat, poultry, fish and grain products. They provide materials for physical growth and also repair wear and tear on body tissues.

The body protectors are found in generous quantities in fruits, vegetables,

BOSSED GENERATION

By P. J. Blackwell

My wife and I are very glad the way
Our parents brought us up was
strict and sound.
Because of that, we know how to
obey
Now when our youngsters order us
around.

can't cope with tiny brushes and utensils. Dolls (even for boys), doll beds (made from shoe boxes), small blankets and sheets are other sources of amusement for the youngsters and quietness for you.

Blocks or smooth bits of lumber of all shapes and sizes amuse the children interminably. If your husband is an amateur carpenter or if you're living near one of the new suburban areas you should be able to gather a wheelbarrow load of these odd bits and pieces. The children will use them to make houses, garages, churches, anything. If you have to buy them, there are excellent blocks on the market which will develop some sort of orderly pattern to your children's building.

Supper is a big occasion usually over before dad gets home. If the dessert is saved for the family dinner it means another period of amusement and education.

Going to bed should be a happy occasion instead of a long-drawn-out argument between parents and children. If the play with father precedes the bath, children have a chance to settle down.

Rubber toys in the tub are always a source of amusement. If they are as carefully dried as is the small tyke himself they can go to bed with each child.

With our own family we always play a couple of records before they say their prayers and hop into bed. Give each child his turn to choose the record of the night. There are children's record players with a permanent needle which cost twenty dollars and upward which, later on, the children can operate themselves. The action records such as "This is the way I wash my face, this is the way I brush my teeth," we find especially good.

And so to bed. Samuel Pepys, who immortalized this expression, claims he dropped to sleep the moment his head

Don't let WINTER damage your skin

Keep it soft, smooth, protected—with NOXZEMA!



Complexion—Icy winter winds...overheated indoor air spell real trouble for skin. Now's the time to protect it with medicated Noxzema day and night...as a powder base, as a night cream. See how dryness disappears...how soft, smooth your skin looks even in coldest weather!



Hands—When you wash the dishes, do the laundry...when you hang up clothes in outdoor cold, your hands take a beating. You see the roughness, redness, tiny cracks. Use Noxzema and see the difference. It's medicated to help heal fast...turn hands soft, smooth, white—overnight!



Blemishes. Cold weather adds to teen-age skin troubles. Noxzema medication helps heal blemishes fast...helps keep teen-age complexions clear and smooth. Use it faithfully—massage it into blemishes every night. You see results so fast!

● **There's nothing like** greaseless Noxzema for all winter skin problems. This winter give your whole family the skin-soothing, skin-protecting benefits of the world-famous medicated Noxzema formula.



Children's Chapped Skin—Don't worry about winter play outdoors. Noxzema helps protect children's delicate skin, heals and softens chapped hands, lips, faces. Greaseless, too—doesn't stain.



Baby's Skin Irritations. Don't let painful chafing ruin baby's disposition. And take extra care of his tender skin when he's out in winter air—especially if teething makes him drool. Protect his skin with Noxzema. Use it on hands, face, and every time you change him.

Get the big family size today—it'll last months.

**Twice as much
for your money**

Giant 10 oz. jar only \$1.25

At all drug and cosmetic counters.



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Only CASTORIA GIVES ALL THREE



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"from diaper stage to dancing age"

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What daily routine should your child follow? See the chart on page 61 for a typical routine your child can follow in his second year.

More helpful tips are these: If both parents rise at 7:30 a.m., dad can care for children while mother prepares breakfast. If clean clothes are laid out at night dressing proceeds smoothly.

Have children enjoy meals with the family as early in life as possible, but remember not to nag or coax them to eat. Plastic mats or squares of wax paper will keep cloth and table clean since there will be inevitable spills. For these upsets keep two small towels or paper napkins handy so that the meal is undisturbed by confusion or irritation.

Since children inevitably finish breakfast before parents, have ready some toy with which they can amuse themselves while you enjoy a last cup of coffee.



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MENSTRUAL
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Midol acts three ways to bring relief

from menstrual suffering. It relieves

cramps, eases headache and it chases

the "blues." Dora now takes Midol at

the first sign of menstrual distress.



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Callouses, Bunions, Sore Toes

SUPER-FAST RELIEF!

Super-Soft Dr. Scholl's Zino-pads are 5 ways better. No other method does as much for you!

1. Relieve pain in a jiffy...
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5. Ease New or Tight Shoes.

Get a box today! Sold everywhere.



Dr. Scholl's Zino-pads

A stool which will push under the washbasin will teach your child to wash himself without help.

The main meal of the day, which should come at noon, can be as neatly and attractively served as if for grown-ups.

Afternoon sleep is important because without it he will be tired and fussy between 4 p.m. and bedtime. Also at this time of day there is the excitement of dad's home-coming and the gentle evening play hour.

If bad weather prevents your child from playing outdoors try not to coop him up in one small area. An old sheet or a tarp spread on a rug, an adequate supply of cheap art paper and tempera paints will keep a child of eighteen months or more busy indefinitely. Paint can be placed in muffin pans or small cans. Provide even small children with a large artist's paintbrush. Tiny fingers

hit the pillow but don't expect your children to follow his example. After tucking into bed, your children may not go to sleep for from fifteen minutes to half an hour. But if all have gone to the toilet just before bedding down it is wise to disregard the shouts for water or bathroom which usually are another means of getting attention. Better to shorten the afternoon nap than to have this sort of disturbance going on until eight-thirty or nine o'clock. Like so many other things, the call for attention

after bedtime gets to be a racket which it is wise to curb and discontinue.

What foods are necessary at this period? Your one-year-old needs three kinds of food substances—energy producers, body builders and body protectors. These are all found in varying amounts in most foods.

The energy producers are contained in grain products (cereals and flour) meats, fats and sugar. It's the burning, or the oxidation, of these products in the body

which produces the energy needed for growth, development and his tremendous bodily activities. Sugar and other sweets are the poorest foods as they provide energy only. All other foods give us other valuable things as well.

The body builders are especially milk, eggs, cheese, meat, poultry, fish and grain products. They provide materials for physical growth and also repair wear and tear on body tissues.

The body protectors are found in generous quantities in fruits, vegetables,

Don't let WINTER damage your skin Keep it soft, smooth, protected—with NOXZEMA!

BOSSED GENERATION

By P. J. Blackwell

My wife and I are very glad the way
Our parents brought us up was
strict and sound.
Because of that, we know how to
obey
Now when our youngsters order us
around.

can't cope with tiny brushes and utensils. Dolls (even for boys), doll beds (made from shoe boxes), small blankets and sheets are other sources of amusement for the youngsters and quietness for you.

Blocks or smooth bits of lumber of all shapes and sizes amuse the children interminably. If your husband is an amateur carpenter or if you're living near one of the new suburban areas you should be able to gather a wheelbarrow load of these odd bits and pieces. The children will use them to make houses, garages, churches, anything. If you have to buy them, there are excellent blocks on the market which will develop some sort of orderly pattern to your children's building.

Supper is a big occasion usually over before dad gets home. If the dessert is saved for the family dinner it means another period of amusement and education.

Going to bed should be a happy occasion instead of a long-drawn-out argument between parents and children. If the play with father precedes the bath, children have a chance to settle down.

Rubber toys in the tub are always a source of amusement. If they are as carefully dried as is the small tyke himself they can go to bed with each child.

With our own family we always play a couple of records before they say their prayers and hop into bed. Give each child his turn to choose the record of the night. There are children's record players with a permanent needle which cost twenty dollars and upward which, later on, the children can operate themselves. The action records such as "This is the way I wash my face, this is the way I brush my teeth," we find especially good.

And so to bed. Samuel Pepys, who immortalized this expression, claims he dropped to sleep the moment his head



Complexion—Icy winter winds...overheated indoor air spell real trouble for skin. Now's the time to protect it with *medicated Noxzema* day and night...as a powder base, as a night cream. See how dryness disappears...how soft, smooth your skin looks even in coldest weather!



Hands—When you wash the dishes, do the laundry...when you hang up clothes in outdoor cold, your hands take a beating. You see the roughness, redness, tiny cracks. Use Noxzema and see the difference. It's *medicated* to help heal fast...turn hands soft, smooth, white—overnight!

• **There's nothing like greaseless Noxzema for all winter skin problems.** This winter give your whole family the skin-soothing, skin-protecting benefits of the world-famous *medicated Noxzema* formula.



Baby's Skin Irritations. Don't let painful chafing ruin baby's disposition. And take extra care of his tender skin when he's out in winter air—especially if teething makes him drool. Protect his skin with Noxzema. Use it on hands, face, and every time you change him.

Children's Chapped Skin—Don't worry about winter play outdoors. Noxzema helps protect children's delicate skin, heals and softens chapped hands, lips, faces. *Greaseless*, too—doesn't stain.



Blemishes. Cold weather adds to teen-age skin troubles. Noxzema medication helps heal blemishes fast...helps keep teen-age complexions clear and smooth. Use it faithfully—massage it into blemishes every night. You see results so fast!

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baby's tender skin

AGAINST DIAPER IRRITATION



Z.B.T. is the only Baby Powder that gives your Baby this extra comfort. Containing soothing Olive Oil, Z.B.T. resists moisture. Gives your Baby's delicate skin silky-smooth protection—without caking. Guards against chafing, prickly heat, diaper rash. So for Baby's comfort, do what so many hospitals do... use Z.B.T. Baby Powder after every diaper change and bath. You'll love the clean, fresh, fragrance, too!

Contains no
zinc stearate
or boric acid



USED IN OVER 1700 HOSPITALS

milk, meat, eggs, whole-grain or enriched flour, bread and cereals and fish-liver oil. These help to protect your child from sickness.

What quantities of these foods are necessary day by day? From twelve to fifteen months you'll find your child's appetite decreases a little so don't crowd him with food. Don't make his servings too large. Do see that he gets the variety of foods which he needs. For instance milk may be his favorite food and, while it is the most complete food from a nutritional point of view, if he drinks too much milk his appetite will lag for foods just as necessary. As he becomes more active he may want more food but not any more variety. Servings should be increased gradually so that no food is left on the plate.

Here are the approximate allowances for a child two years old: (At twelve months he won't eat such large helpings. Don't ever coax or force him to eat more than he wants. His appetite can vary just as yours does.)

Milk:

1 pint to 1½ pints (he'll get some of this in cooked foods).

Butter or margarine:

1 tablespoon, or less, daily.

Green or yellow vegetables or tomatoes:

½ cup (for the sake of variety it is better to serve both a yellow and a green vegetable).

Eggs:

1 daily. The yolk is more valuable than the white.

Cooked or canned fruits:

½ cup daily.

Meat, poultry or fish:

3 tablespoons daily preferably at the noonday meal.

Fish-liver-oil concentrate:

Use the amount prescribed by your doctor, usually a dose of 800 I.U. of vitamin D.

Citrus juices or whole orange:

½ cup daily.

Cooked cereal or baby cereal:

1 or 2 servings daily; also two or three slices whole wheat or enriched white bread.

Milk puddings:

½ cup daily.

Cooking hints for this age of discovery.

Vegetables are frequently the least liked food. Young children do not like strong-tasting vegetables and they do like color and crunchiness. That means such vegetables as onions, cabbage and cauliflower are usually left while bland vegetables such as carrots, peas, beets and beans are popular. Cook in as small an amount of boiling water as possible. Cook only until vegetables are tender enough to eat and not mushy. Dress with butter or margarine so that the youngster can see it melting. Most youngsters over two years like carrots and celery raw, not cooked. After this age a carrot stick or a celery stalk is particularly enjoyed during midmorning.

Desserts such as rice and tapioca puddings should be thin and creamy. Most youngsters like the flavor of evaporated milk particularly in these soft puddings.

When new foods are offered your

Look what Wolcott's make to safeguard growing feet!



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youngster, present them at the beginning of the meal when he is really hungry. Make this first serving small then let him fill up on the food he knows and likes.

What foods should your child not eat? Tea, coffee, cocoa, fresh breads, pancakes, fried foods, gravies, sausage, corned beef, corn, cucumber, radishes, spices, nuts, popcorn, pie, ice cream, candy, berries or melon, figs, dates, fresh fruits unless specified by your doctor.

How much sleep is necessary from one to two years of age? With sleep as with food you have to consider the temperament of the child. But given the opportunity your youngster will take all the sleep he needs. From one to two years he should have from thirteen to fourteen hours sleep out of the twenty-four hours. If he sleeps twelve hours at night, he will sleep an hour or two in his afternoon nap.

Two or three important things to remember are these:

Don't overexcite your youngster before he goes to sleep.

Make the going-to-bed routine just as much fun as the getting-up routine or the play hours. Beginning at this time you can use a two-piece sleeping outfit which means the top does not need as frequent laundering as the bottom does.

What change of clothing is indicated for the walking period? The one-year-old is now in shirt, sweater, diapers, overalls, socks and shoes. The cotton shirts are still the most practical. Nylon sweaters are easily laundered, do not shrink and

are quite warm enough. Overalls? Pinwale corduroy in the winter and coarse-weave cotton in the summer are the most practical. Buy or make the overalls with a zippered opening the full length of each leg so the diaper can be changed without removing the overall. If the corduroy overalls are washed and then squeezed out by hand and hung up, they never get that flattened-down look which comes from running through the wringer and pressing. When dry, brush the corduroy against the nap to make them look almost like new. The cotton overalls, slightly starched, will stay clean and resist soil much longer than if left unstarched. And save yourself laundry by using as few of the little fancy outfits as you can. For visiting, for Sunday afternoon or that sort of thing, a dress-up outfit even at this age gives your youngster a sense of something special. But for the average day the overalls-sweater outfit is ideal.

Shoes are important at this stage. The first shoes should have soft, firm but reasonably flexible soles and should be at least one half inch longer and one quarter inch wider than his foot. Socks should be one inch longer than the foot. Homemade sock stretchers can be made from heavy cardboard cut the same size as the sock before the first washing.

As we mentioned previously shoes should be washed and not polished since inevitably the shoe finds its way to the mouth. Shoes handed down from one child to the next or accepted from a neighbor should be carefully checked for fit since no two pairs of feet are exactly alike.

Continued on next page

Canadian Visitors explore Northern Ireland's Giant's Causeway



"We were fascinated and thrilled when we actually saw for ourselves that extraordinary work of nature—the Giant's Causeway, in Northern Ireland," writes Mr. J. Craigmyle of Hamilton, Ontario, shown above with Mrs. Craigmyle, talking with one of the local guides.

"When we arrived in Britain, we were genuinely surprised to find that our costs were going to be lower than we anticipated" says Mrs. Craigmyle. "We found wonderful bargains in the shops; transportation is inexpensive; and Britain's well-run hotels charged remarkably little. Food everywhere was very good and plentiful. There was a marvelous variety of things to see and we are

so glad we made the trip". Why don't you plan now to visit Britain this year, whether you fly or take time to enjoy a leisurely sea voyage? For details, consult your local travel office, or write for literature and full information to:

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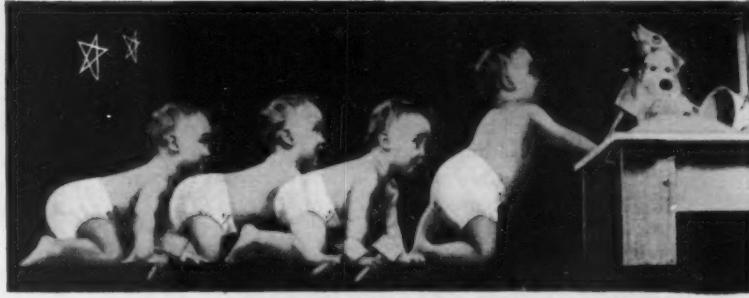
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Continued from previous page

Do all children naturally toe in or toe out?

Frequently when baby begins to walk he toes in or out. The toe-in baby usually carries over this habit from sitting with one foot tucked under him or it could be he's developed it by pushing himself in a walker using the outside edges of his feet. The toe-out baby is also a natural development of learning to walk. To keep his balance he starts walking with his feet sticking right out at the sides like Charlie Chaplin. But by the end of the second year his feet are almost parallel. Both conditions should be watched by parents and doctor. Wedges on the shoes or special shoes prescribed by your doctor will help correct both conditions before they become established.

For outdoor wear what change of clothing is necessary? For outdoor sleeping continue to use the sleeping bag which zips up the front, since it's warm and admits no draughts. But leave the top two to three inches unzipped—this is to avoid choking the child. Do buy the washable variety; with all your care it will become waterlogged and need frequent washing.

For outdoor walking a one-piece gabardine snowsuit, with an attached hood, and overshoes will keep him snug and comfortable. Lift your baby from the carriage and let him walk just as much as he can. If he helps you push the carriage it will give him some support and teach him to walk steadily. A walking harness will keep him from falling and keep you from having to chase him up every alleyway.

How can you discipline your child in this twelve-month period? Your one-year-old is becoming quite a personality. He's a mover—he creeps, he climbs, he learns to walk, he reaches for everything, he's seldom quiet a minute during all his waking hours. But the fact which more and more is borne in upon you is that he fashions himself in your image. If you're erratic, if you're high-strung, if you fly off the handle easily then your child is going to pattern himself after you. So before you discipline baby you have to discipline yourself. Impatience, frustration, ungoverned temper are qualities we usually attribute to grownups. But on a small scale those are the problems you'll meet in your day-by-day training of your child so let's go at them item by item:

Frustration in a youngster of this age follows him all through his life. Give him toys he can manage without difficulty. Patiently teach him the more difficult tricks of getting dressed and don't hurry him beyond his capabilities. Above all, be consistent in your training methods, for a confused child is a frustrated child.

Don't abruptly interrupt his play by calling, "Time for bed," but rather tell him "In a few minutes we're going to have a nice warm bath." When he reaches for the cup and saucer too near the table's edge don't shout "Don't" but move the precious article out of his reach and explain, "That belongs to mother, isn't it pretty?" (And keep breakable ornaments well out of his reach at this age.) The fussy, nervous mother is going to raise a fussy, nervous child so it's up to you to be gentle but firm in your movements, in your talk and in your behavior.

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BATHROOMS GLEAM!



How can you keep this curious questioning tyke from danger? Instead of waiting until he burns himself on the stove or gets a shock from an electrical outlet take him to the stove; let him feel its heat; tell him very clearly "hot"; show him the lamp cords, the iron cords, the vacuum-cleaner cord, with the magic words "Don't touch." His curiosity is satisfied and his own desire not to be hurt will keep him away from danger. It's easy enough to distract him by rolling a ball, giving him a spoon or some such simple device. But let's realize this—with all your care these children of yours are going to fall off chairs, tumble out of trees, get cut and scratched—that's only human nature. All you can do is try to foresee as many pitfalls as possible and teach them to avoid them.

And here is exactly the spot for stressing the necessity for two first-aid kits in the house, one in the kitchen and one in the bathroom. You'll need them and when you do the need is going to be immediate. You won't want to wait for delivery from your local drugstore. Keep both sets handy and out of reach of the exploring children. Then for any accident you have the first-aid remedy.

Will loving and petting spoil your child? Definitely not, since every human being needs affection. But the one outstanding facet of your character on which your child depends is your firm, wise decision. He leans on the strength which you provide. Too much loving doesn't spoil a child—he needs it. But too much fussing leaves him so thoroughly confused he is actively unhappy.

Can toilet training be established in this second year? Toilet training has already been partially established by the watchfulness of the mother. But by the end of the second year toilet training can become part of the daily routine. Put the child on the little toilet chair or on one of the fasten-on seats for the household toilet just before you expect his first bowel movement. If he performs within five minutes praise him but don't leave him there any longer. Try again the second day and the third day and so on until some sort of habit is established.

Unlimited praise and no scolding during this second year of his life will do far more for you than irritability. A fastidious or inhibited father may at first be rather disgusted with his child's pride in his performance but to a two-year-old it's a major project and one which pleases him immensely.

When it comes to bladder control boys are usually slower than girls. After either a boy or girl baby has stayed dry for a couple of hours, place on the toilet. By this time the bladder is usually full and will evacuate itself quite readily. However, a tap turned on and splashing will often hasten the process.

At this stage diapers can be eliminated and training pants substituted in their place. Even this small transition tends to make your child more careful of wetting himself. He feels he's grown-up. You will notice more awareness on the part of the child himself—he will tug at his panties when he wants to go to the toilet, will be quite distressed if he makes a puddle on the floor before arriving there, will be interested in his own production and recognize the flushing of the toilet as part of the whole procedure.

Continued on next page

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(Makes about 2½ cups)

1 large can undiluted CARNATION EVAPORATED MILK
½ teaspoon salt
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Continued from previous page

Can your two-year-old keep dry all night?

If you pick him up about ten or eleven o'clock and catch him early enough in the morning he may go through the night without wetting his bed. This is the occasion on which to show him you are pleased. Fold back the sheets, let him feel his own bed, pat him on the shoulder—in fact let him know that this is what you expected him to do. On the other hand if the bed is not dry, don't scold him but explain in a conversational tone of voice, "That was just an accident."

When does discipline begin with your child? Discipline both for yourself and the baby starts the moment he's born. It's comparatively easy to discipline mealtime, play periods and his sleep. But when he comes to the "no" stage, when his first instinctive response to any request is a stubborn mulishness, then your finesse in discipline really starts.

Remember that often he doesn't really mean "no"—he simply feels called on to say something. The "no" attitude is more common among girls than among boys—she won't eat her dinner, she won't take her nap, she won't pick up her toys and quite frequently goes into a temper tantrum.

What do you do? If your reaction is to become as mulish as this small creature then you're stuck with tantrums the rest of your life. If, however, at this period you never give the youngster a chance to say "yes" or "no," the danger point is over. When it's time for a meal place the youngster in front of his dinner and place gently, not thump, the food in front of him. Allow fifteen or twenty minutes for the eating and if by that time it isn't eaten take it away and lift him from his chair. For you the meal is over and for the baby too. It won't take him long to figure out that if he won't eat he goes hungry. If he says he won't go to bed make a game of it; say "Let's see who can get up the steps first." Probably he'll follow right along. In this very difficult period (and it is difficult) make your commands as few as possible, phrase them as suggestions and don't fuss too much. If your suggestions aren't followed the main thing is—don't let the situation get to the point where it's a battle of wills between you and your child.

Running away is another phase with which you'll have to contend. The wide horizons beckon, so gates should be locked, fences should be high enough that they're difficult to climb and amusement at home should be plentiful. Putting a child out in the yard with no objective other than to get him out of the way isn't the answer to the problem; have toys ready, not too many but change them frequently. A sandbox, a shovel, a few old pans will amuse him indefinitely particularly if you take time occasionally to go out and speak to him.

Banging the heels on the floor is another exhibition of a temper tantrum that's quite disturbing. Here is a smart little trick we've picked up from our neighborhood nursery school. If, when the banging begins, the shoes are removed it's pretty difficult to bang satisfactorily and in comfort. Another method we've used with our "bangers" is this—place the youngster on a fairly high stool from which he can't get off without your help. He howls, gets red in the face, he sheds tears of frustration,



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not of repentance. But after five minutes of that solitary confinement he's quite content to be lifted off the stool, have his face wiped and accept a cookie. The main thing is to maintain your own quiet, casual attitude toward the whole situation so that he never feels he has attained his objective which is to draw attention to himself and to get what he wants. Frequently a drink of cold water will stop even the wildest burst of crying since the child's first reaction is to swallow what's put to his mouth and he can't both swallow and shriek.

Jealousy frequently begins to rear its ugly head about the age of two. The two-year-old may be jealous of the older brothers and sisters or of the baby younger than himself. He may be jealous of the attention either mother or dad pays to other members of the family. But again this question of jealousy comes back to the relations between husband and wife and their sense of justice in dealing with the children. If husband and wife are pleasant and happy in their own relationship children are likely to be the same. If, as so frequently happens, the father tends to spoil the little girl and the mother to baby the small son that, too, promotes jealousy in the family. Gentle reproof for misdemeanors, generous praise for accomplishments mean that jealousy is neither evident nor obvious in the family relationship.

Let's do our annual audit. New Year's Eve, wedding anniversaries, birthdays, family reunions are all occasions on which, according to the old phrase, "We examine ourselves." When your baby is two years old take an hour or two some evening and answer these questions:

Has the doctor examined him recently?

Has the two-year-old booster shot been given?

Is his health up to par?

Has he plenty of suitable toys? Has he too many?

Do you and your husband talk clearly to him and in short sentences so he is not confused?

Do you insist on tidiness (with your help) so that neither house nor yard are a litter of toys?

Have you taught him not to be destructive?

Do your friends dread to see you come visiting with the children because they are destructive of furniture, noisy and ill-mannered?

Is he a happy child?

Your husband and you. During the past two years have you let yourself slide physically? If you are of medium build your ideal weight would be one hundred pounds for your first five feet and five pounds for every inch thereafter. That means if in stocking feet you stand five feet five, ideally you will not weigh more than from 125 to 128 pounds. If you are of heavier build add five pounds.

Are you as fussy about clean hair, clean nails, becoming clothes, well-fitting shoes as you were two years ago? Motherhood is no excuse for sloppiness but rather an incentive to a more attractive personality.

Do you try to entertain your husband with funny amusing little incidents rather than a chronicle of your day's troubles?

Do you keep up to date in world events?

Do you deprive your husband of normal affection because so much of it is lavished on the children?

Do you budget intelligently within your husband's income since the cost of baby foods, clothing and medical expenses has been added to your original budget?

Do you take an interest in your own church, your own community, your old friends, your new friends?

Do you entertain sufficiently to keep you out of a rut?

Do you and your husband take a night out occasionally to boost your morale?

Have you become so possessive with your children that your husband is excluded?

Do you respect your husband's discipline with the children without interference from you?

If, having answered these questions honestly, you are even sixty percent successful give yourself an eighteen-

carat gold star. You've licked your world—it hasn't licked you.

If on the other hand you are one hundred percent perfect better prepare for the Heavenly Kingdom—you're not normal. ♦

Collins will publish *It's Fun Raising a Family* in expanded form as a book, in April.

NEXT MONTH:

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*Swift's
most precious
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The famous Formula Milks doctors recommend for constant quality and easy digestibility are now available in modern tins, with a clean, smooth golden lining, so that the milk never touches the metal of the tin.

And with this new tin, Farmer's Wife Milks are VACUUM PACKED to protect the fresh natural flavour and the wholesome nourishment of the milk. Tins are cleansed and sterilized before filling—and the tin and contents are sterilized after sealing, so that the milk must remain fresh until you open the tins.

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FOR Chatelaine's YOUNG PARENTS



**The Love of
Good Books
Can Be Taught**

Comics, TV and radio offer stiff competition

*today but early training and a wise choice of titles will
help your child to a lifetime of good reading*

BY ELIZABETH CHANT ROBERTSON, M.D., DIRECTOR, CHILD HEALTH CLINIC

WITH THE RADIO, television, movies and comic books all devouring so much of their children's time, many parents are worried because they read so little. You might argue that comic books are reading. They are to a very slight extent but even the classics comics don't half do justice to the exciting books on which they are based.

You would suspect that with all these counterattractions the children's libraries would be doing a poor business now but, surprising as it may seem, from 1943 to 1953 the number of children's books borrowed from the Toronto Public Libraries increased fifty-four percent. And this enlarged circulation was not due to a corresponding rise in the child population—the public - school enrollment had only gone up eleven percent.

However these figures are no consolation if you have a nonreading youngster in your home. What can you do to encourage a child to read?

You can start him off in his second year with untearable picture books, made of linen or heavy cardboard, and look at them with him. The ones that pull out and double up are favorites, even after the sections have come apart from constant use.

In his second or third year you can start reading to him regularly, and books for this age should have pictures and story on opposite pages. The pictures help to hold his interest. Peter Rabbit and the other Beatrix Potter books (which have been favorites for at least fifty years), Little Black Sambo, Babar, Mother Goose and many others appeal to this age. Later on they'll read them themselves and these books will become old friends. Even as they grow older it is a fine plan to keep up the reading aloud at a definite regular time—possibly before bedtime. I still remember reading Huckleberry Finn to one of our youngsters when she had the chicken pox. I certainly enjoyed it and I'm sure she did too.

Another way of interesting your child in books is to take him to the library, even before he can read. Let him choose his own books, with some help from you of course. Your hope is that he'll become a regular library user when he is old enough to go there by himself. Later on if he shows signs of weakening, you would be wise to drive him there or combine it with a shopping expedition or encourage him in some other way to keep up the habit.

You would also be wise to buy him books frequently and many of them are inexpensive. You can even pick them up at the big grocerias. One friend of mine lets her child choose a small book every week end. One grandfather whom I know very well had an even better scheme. He started collecting books for his first granddaughter soon after she was born. By the time she finally learned to read he presented her with a small bookcase full of lovely books, ranging all the way from nursery rhymes to Hitty. Needless to say that youngster has always been a keen reader and many of those books will no doubt be passed on to the next generation.

The number of children's books sold in the last six years has increased enormously and new beautifully illustrated and splendidly written ones are coming out every year. You may have a hard time knowing what to buy and of course you want your child to enjoy it. If the book is too young for him he'll think it baby stuff, and if it's too difficult he'll be bored. Also children's interests vary enormously. Some like fairy stories, others don't at all. Others go for exciting yarns like Treasure Island and others have no use at all for that type of book. So I would cater to your child's taste, even though it doesn't seem very good to you. Above all you want him to enjoy reading and you can hope that as he discovers the fun inside books, he'll branch out and sample the books you consider good literature. The li-

brarians can advise you on suitable books for children of various ages but we've included a short list at the end of this article also.

Our children have great numbers of attractive and appropriate books to choose from, but the earliest children's books could not be described that way. To us they would seem very depressing and unsuitable. For example about 1660, James Janeway, a nonconformist preacher who later survived both the plague and the Great Fire in London, produced a volume entitled "A Token for Children; being an Exact Account of the Conversion, Holy and Exemplary Lives, and Joyful Deaths of several young children." A little later John Bunyan wrote a book of rhymes, full of moralizing, on birds and insects, called Divine Emblems. The children didn't take to it. They much preferred his Pilgrim's Progress which at least had a lively plot. Robinson Crusoe (1719), which has been imitated with variations by dozens of other writers, and Gulliver's Travels (1726) have also been taken over by the youngsters although no doubt they skipped the tedious bits in the original unabridged versions.

For the next hundred years or so the poor children were given either instructive or highly moral, improving books. Some were positively gruesome. In one instance three youngsters who had quarreled were taken by their father to view the body of a man hanging by chains from a gallows. He had murdered his brother some years before! While on the spot, the father gave the horrified children an extensive lecture on the evils of family quarreling. What a literary diet for the young!

Although some French fairy tales, including Cinderella, Little Red Riding-hood, Puss in Boots and others, were translated and published in English about 1700, they were frowned upon and considered unsuitable by most families for a long time. Not until around 1820 when Grimms' Household Tales appeared in England did the fairy tales really come into their own. Actually the Grimm brothers had collected these ancient peasants' tales because they were interested in what they revealed of the past. The fact that the children loved them, and still do, was just a fortunate chance. Andersen's Fairy Tales were similar folk stories collected in Denmark, although the author also added some of his own.

Apart from an amusing little poem called The Butterfly's Ball, which a learned historian published in 1807, no really light touch was evident until Lear's Book of Nonsense, featuring the Owl and the Pussy Cat and other such gems, appeared in 1846. Alice in Wonderland soon followed and a new era of fun opened for the young.

Today our youngsters have a wonderful choice, new and old, ready for the reading—fantasy, fairy tales, stories about heroes of almost every age and every land, school stories, family stories, nature lore and books on discovery and science. You'll be doing your child a lifelong favor by leading him into the pleasures of reading.

Some Best Children's Books

For the Very Young (Two to Six)

Mother Goose Rhymes, e.g. Lavender's Blue

Little Black Sambo, Helen Bannerman
The Story About Ping, Marjorie Flack
Millions of Cats, Wanda Gág
The Little Farm, Lois Lenski
And To Think that I Saw It on Mulberry Street, Dr. Seuss
A Child's Garden of Verses, Robert Louis Stevenson
The Story of Babar, Jean de Brunhoff
Peter Rabbit, Beatrix Potter

For Six-, Seven- and Eight-Year-Olds
The Poppy Seed Cakes, Marjorie Clark
Flat Tail, Alice Gall and Fleming Crew
Uncle Remus, Joel Chandler Harris
Just So Stories, Rudyard Kipling
Ferdinand, Munro Leaf
Winnie-the-Pooh, A. A. Milne
When We Were Very Young, A. A. Milne
Aesop's Fables

Pinocchio, Carlo Collodi
Grimms' Fairy Tales, Jacob and Wilhelm Grimm
The Floating Island, Anne Parrish
Mary Poppins, P. L. Travers

For Nine-, Ten- and Eleven-Year-Olds
Mr. Popper's Penguins, Richard and Florence Atwater
Peter Pan and Wendy, Sir James M. Barrie
Alice in Wonderland, Lewis Carroll
Continued on next page

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You know they're good—because they're Heinz.

HEINZ *Meats for Babies*



Continued from previous page

The Jungle Books, Rudyard Kipling
 Otto of the Silver Hand, Howard Pyle
 Heidi, Johanna Spyri
 Treasure Island, Robert Louis Stevenson
 Huckleberry Finn, Mark Twain
 Fairy Tales, Hans Christian Andersen
 Arabian Nights
 The Princess and the Goblin, George MacDonald
 Black Beauty, Anna Sewell
 Swallows and Amazons, Ransome

Older Children (Twelve to Fifteen)

Little Women, Louisa M. Alcott
 Barnaby Lee, John Bennett
 Hitty, Rachel Field
 Smoky, Will James
 The Yearling, Marjorie Kinnan Rawlings
 Gulliver's Travels, Jonathan Swift
 The Trumpeter of Krakow, Eric P. Kelly
 National Velvet, Enid Bagnold
 The Starbuck Valley Winter, Robert L. Haig-Brown
 Red Fox, Charles G. D. Roberts
 Wild Animals I Have Known, Ernest Thompson Seton
 Adventures of Sajo and her Beaver People, Grey Owl
 Cargoes on the Great Lakes, Marie McPhedran
 Adventure To The Polar Sea: The Story of Sir John Franklin, Richard S. Lambert
 The Great Island, Clare Bice
 Rebel on The Trail, Lyn Cook +

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PLAY THE MAP GAME AROUND THE WORLD

There's fun for the whole family and an impromptu geography lesson, too

By LORRIE McLAUGHLIN

"I WISH I HAD a map of the world," announced our seven-year-old, shortly after her entry into the magic world of Grade II. "There's one on the wall at school."

"Mmm," I said absently, mentally chalking it up as just one more temporary seven-year-old fancy.

But the words became almost a theme song around our house during the next few days. "I wish I had a map of the world," Diana would announce at breakfast. "A map, a map, a map of the world," she would sing-song in the bathtub at night.

Finally, in desperation, I went uptown and bought a two-foot by three-foot wall map for thirty-five cents. As there wasn't an available clear inch of wall space in Diana's room—it being taken up with paper giraffes, sailboats, pandas and poinsettias, proudly made in kindergarten and highly cherished—I taped it to the kitchen wall. Since I was still convinced that it was all a passing fancy, I was certain that in a matter of days the map would be gone.

That was six months ago and the map is still on our kitchen wall. The only reason it will come down now is in order to replace it with a new one when the need arises.

We're learning geography with the children—the easy way, by making a game of it. Actually, Diana and another seven-year-old invented our first game. We noticed they were spending an unusually long time in the kitchen, staring in apparent fascination at the map. Turned out they'd invented a new game.

Find the Place was what they called it. The first player closes her eyes or leaves the room, while the second finds a place on the map. To begin with, they started with large countries—Canada, United States, Australia, and so on—but now they've graduated to Djaret (in Algeria) and Umat (in Alaska). The name of the "lost" town is announced and "it" has to find it. If she succeeds, she takes a turn at choosing a place. If she fails, the second player picks another spot.

Starting with that one game, we've worked out a series of them, suitable

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Cheerfully...
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for the various age groups, all of them as entertaining as they are educational.

What Time Is It? Our map has the different time zones marked across the bottom, so a favorite game for the older children takes the pattern of, "If it's 8 a.m. in Australia, what time is it in England?"

Longitude and Latitude is another favorite. "It" leaves the room while the second player finds the longitude and latitude of a spot—Island, country, town, etc. When "it" returns, she is told the longitude and latitude and sets to work to find the place.

How Far Away Am I? As the name implies, this is simply a game based on calculating the distances between any two given points. For younger children, it can be a case of the shortest distance between two points, but with older ones,

★ ★ ★

KODACHROME AT MIDDAY

By Gilean Douglas

All I want in this life and in the life to be
Is a brown thrush singing in a white cherry tree,
While below a plow is stitching springtime to green land;
And I as young as first love with faith seed in my hand.

All I want in this life and in the life to come
Are maples, burning mountains and the heart-echoed drum
Of a copper-ruffed grouse in the light of willow gold;
And I as young as morning when all the year is old.

★ ★ ★

we insist that they follow a plausible course.

I'm Traveling Around the World. To play this, one player decides on a world tour—from New York to Capetown, for example—and "it" has to plot out the best route, including ports of call. To enlarge on the game, we even plan wardrobes, depending on changes in climate.

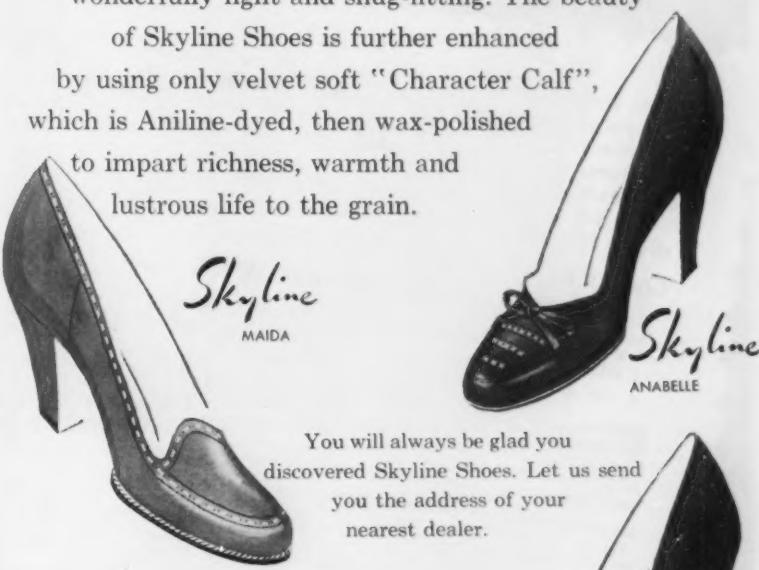
Let's Travel is a noisier game and more fun for the younger children. The only extra equipment involved is a pair of dice. To start the world trip, the player must roll a seven. We then worked out a series of penalties, based on different number combinations, which can be as simple or involved as you wish. For example, a six means a plane is grounded or a boat put in drydock for two moves—in other words, the player who rolls a six misses two turns. A five means a sidetrip to a certain point—Gander, Newfoundland, or Wichita, Kansas. Two, three, or four means the player advances one square (the map is conveniently squared off by the longitudinal and latitudinal lines), and the first player to reach his destination is the winner. Even if no one ever arrives at his goal, the game is lots of fun.

We've all absorbed more geography in the last six months than we'd thought possible—and it hasn't hurt a bit. In fact, around our house, maps are more fun than anything. *



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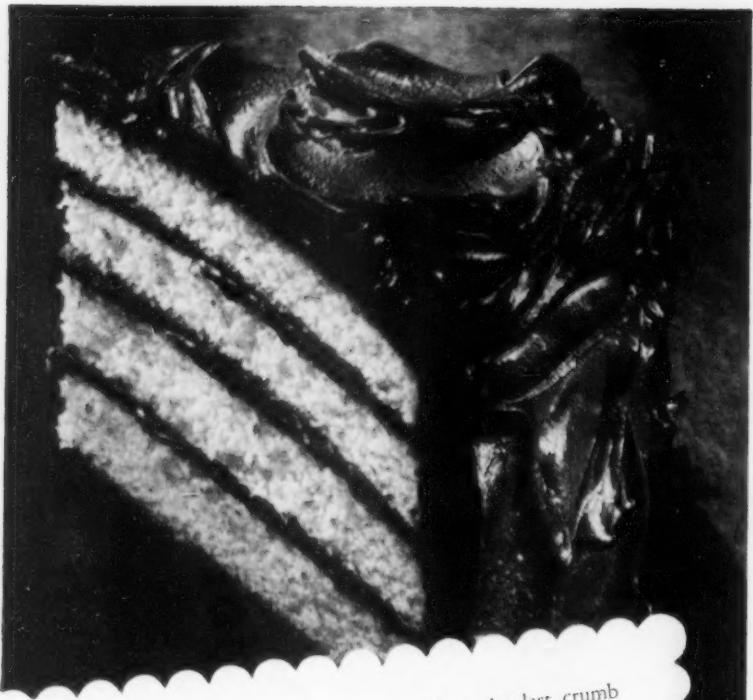
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GARDEN with Chatelaine



These Small Plants Make a Big Showing

Sturdy, low-lying rockery plants find a perfect new setting in the small gardens and planting boxes of Suburbia

By HELEN O'REILLY

YOU HAVE NOTICED, of course, that there are fashions in gardening? Not so many years ago, for instance, every second gardener aspired to a rock garden and, therefore, rockery plants, their culture and growing habits, became a very serious study indeed. Today rockeries are the exception rather than the rule but, contrariwise, rockery plants have really come into their own. How so? Because both the culture and growing habit of these tough little plants are made to order for the modern dream house, that is, their culture is the absolute minimum and their habit is to grow just so high and to spread prettily along the ground under low-set windows and around foundation plantings.

The fact that rockery plants fit into the small-garden picture so neatly is good news to anyone but it is of particular, not to say breath-taking, interest to those lucky people who have moved into one of those up-to-the-minute suburban homes with gardens that are a bit too new for comfort.

Those nice suburban houses have delightful wide, low steps; they have structural planting boxes that are part of their modern design, they have terraces for outdoor living; they have cement, gravel, or flagged walks—all of which attractive features cry out for easily grown, ground-hugging plants to give them the look and feel of home.

Rock plants in profusion are the

answer because they settle in so quickly need no special soil, no special care. After all most of them survive gallantly the sparse living conditions of mountain crevasses. Gardeners in less happy climates than ours worry because they cannot give them the deep freeze of winter snows and the scorching summer suns of their mountain homes, but in most parts of Canada we couldn't spare them those extremes if we tried. All they need, bless their stout little hearts, is sandy, mediocre, well-drained soil and a bit of peat moss or leafmold when you think of it, and—I can hardly believe this myself!—no manure!

One of the most striking of these hardy gems is the one which I call basket of gold but others call golden tuft and yet others gold-dust. This brings us to that old bugbear, Latin names (and rockery plants have some dandies!). There is no way round them for the pet names will get us tied into knots of double talk about moss pinks that are blue, houseleeks that are also called hen and chickens, and bleeding hearts that are pure white. Basket of gold, then, is every catalogue's *Alyssum saxatile compactum* and it bursts into a shower of tiny gold flowers in May, after which, as most rockery plants do, it holds its own as an attractive foliage plant for the rest of the season. I have some of it cascading over a stone retaining wall and I think when you know it well you will be as pleased as I am.

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that it seeds itself quite readily in out-of-the-way places.

My other early favorite is *Ajuga reptans* sometimes called the bugle flower, though I can't think why because its flower clusters look to me like nothing so much as six-inch Christmas trees in soft blue. *Ajuga*, which flowers in May and has glossy, bronzy green leaves, is the most marvelous ground cover imaginable. It grows and spreads happily in sun or shade, uphill or down, between steps and paving stones, around corners and into the grass—in fact, you may find yourself pulling out handfuls of it in a year or two—it is hard to please everybody, isn't it? I sent some roots of it to a pine-covered hillside in Muskoka last year and they took to it like ducks to water—try it on your most arid, stubborn spots.

Arabis and *aubrietia* are both forms of rock cress giving masses of spring bloom, *arabis* in white or pink from mid-April into May and *aubrietia* in lavender, red, or purple a bit later. They both grow in neat, matlike clumps and I have picked their little flowered stems for low table centres without making the least impression on their brave show of minute blooms. Both *arabis* and *aubrietia* are perfect for flat terrace flower beds and so are *Pblos subulata* (these are the moss pinks which can also be white or blue) of which my latest pet is the pure-white *Pblos subulata nivalis*. These flower in May and should be cut back immediately after to keep the plants neat and compact.

In a planting box, however, something just a bit taller is probably needed and I suggest you plan to open the season there with May-blooming *Myosotis alpestris*, a royal-blue forget-me-not just six inches high. Put with it *Iberis sempervirens* Snowflake—a drift of white as you may guess from its name—which is a perennial candytuft that will bloom with the forget-me-nots and carry over into June when *Heuchera sanguinea* and *Aquilegia alpina* will take over. *Heuchera sanguinea* grows in a tidy clump of crisp, small leaves from which it sends up foot-high, hairlike stems holding a peal of tiny, very perfect, bright red bells—there is a pink version of this flower and you may call it coral-bells. *Aquilegia alpina* is a twelve-inch-tall columbine in deepest blue that flowers in June, and with these I would put that bleeding heart that is pure white, *Dicentra Sweetheart*, fragrant and only about a foot high.

This white bleeding heart, unlike the common or garden variety, *Dicentra spectabilis*, will bloom right through the summer; which brings me to the standard complaint against rockery plants—that they are all for the spring garden and none for fall. This is not true. Along with this bleeding heart through June and July, the dainty *Dianthus deltoides* (pinks if you prefer) will flower and flower and, if they are conscientiously picked, will carry on into August. So will that other low-growing charmer, *Gypsophila repens* (babies'-breath), whose tiny white flowers seem to float over its silvery foam of foliage all summer; so will the sweet harebells from the Carpathian mountains, *Campanula carpatica*, which hold their clear-cut white or blue flowers ten inches high; so will the little *Campanula pusilla*, whose delicate soft-blue hanging bells stand half that height. Cut these bellflowers back ruthlessly after each blooming and they

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will keep your plot in flower until fall.

In September dwarf hybrid asters will give you a riot of bloom and *Sedum sieboldii* makes a fascinating show for it is then that its flat pink flower clusters appear. Sedums (also called stonecrop) belong to that odd group called succulents that will grow in a dry, sunny spot literally anywhere—the side of a wall, between stones, in any nook or cranny—without visible sign of sustenance. *Sedum sieboldii* is most effective all season, with its stems which are strings of rosettes of grey-green leaves tinged with rose, and then in September its strange flowers suddenly bloom.

These are just some of the fabulous family of rockery plants that will overrun your terrace and infiltrate your walls and paths if you will just give them a toe hold. Now that I am rockery-plant-prone I grow new varieties from seed but this means waiting a full year to see them bloom. If you are dying to fill those lovely new-built spots with greenery and flowers, plan to start some of these hardy little plants this spring for your exterior decorating. Choose them as you do your curtains and your rugs—to soften and enhance the architectural beauty of your house and, above all, to last! +

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Reader's Digest reported on clinical tests using CLEARASIL type medication.

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Fish For Supper

Fine fare for family or guests are these tasty new recipes from Chatelaine Institute. You can make them up quickly from staples on hand on your pantry or refrigerator shelf

FISH LOAF WITH EGGS AND RICE

3 thin slices side bacon	1 cup cooked rice
1 teaspoon finely chopped onion	1 egg
1 cup cooked, flaked fish	½ cup milk
	3 hard-cooked eggs
	Salt and pepper to taste

Cut the bacon in small pieces, add the onion and fry lightly. Add the fish and rice, the egg which has been slightly beaten and combined with the milk and two of the shelled hard-cooked eggs which have been cut in bite-size pieces. Season to taste. Lightly butter a loaf pan. Slice the remaining hard-cooked egg and arrange slices along the bottom or sides of the pan. Press the fish mixture into the mold and bake in a moderate oven (350 deg. F.) for about $\frac{1}{2}$ hour. Serve unmolded on a hot serving platter with a medium white sauce liberally seasoned with paprika. Or, instead of garnishing the pan with hard-cooked egg, chop the egg and add it with chopped parsley to the fish sauce. Serves 4 or 5. Left-over baked, boiled or steamed fish may be used in this recipe, or canned fish may be substituted.

Approved by Chatelaine Institute

LOBSTER SCALLOP

1 cup lobster meat, flaked	Salt and pepper to taste
1 teaspoon lemon juice	Dash of monosodium glutamate
2 egg yolks, hard-cooked	1 cup thin white sauce
½ tablespoon chopped parsley	Buttered bread crumbs
	Sprinkling of nutmeg

Sprinkle lemon juice over lobster. Mash egg yolks to a paste and combine with the lobster. Add parsley, seasonings and monosodium glutamate and combine with the white sauce. Fill fresh

MUST WE GO TO CHURCH TO BE CHRISTIANS?

You've probably heard people comment at times on the fact that their Catholic neighbors go to church so often. Perhaps you have wondered yourself . . . is all this necessary?

Catholics, you may be sure, have good reasons.

Going to Mass on Sunday is, of course, an obligation for every Catholic. Confession and Holy Communion at least once a year are a sacred duty. But most Catholics go to Confession and receive Holy Communion oftener . . . some every month, some every week, some every day.

There are also many other special services and devotions for which Catholics go to church. In the average city, the Catholic Church is always open—and seldom empty. Many will enter the church at any hour of the day to visit Jesus Christ present on the altar, mindful of His invitation: "Come to Me, all you who labor and are burdened, and I will give you rest."

Catholics believe that Christ not only called upon us to honor and serve God . . . but prescribed the ways in which we should do so. He did not say how often we must go to church . . . nor how many prayers we were to recite. But He did establish a Church with the power and authority to carry on His work . . . and He promised that His Church would last to the end of time—that it would have God's protection in teaching all men to observe all things He had commanded, especially to believe and to be baptized and thereby become members of His Church to attain the purpose of their lives.

And how do Catholics know theirs is Christ's Church?

Because it possesses the distinguishing marks Christ gave His Church. It covers the earth as Christ said it would. Unchanged after nearly 2,000 years, it con-



tinues to live and grow, in fulfillment of His promise that His Church would last to the end of the world.

But the most convincing mark that He gave it is its unity of faith, worship and obedience under the authority of the lawful and historical successor of Peter, the first Bishop of Rome and the "rock" upon which Christ built His Church. Just as Peter was the first Pope and the first Vicar of Christ, so also is Pius XII, the 262nd Pope and the Vicar of Christ today.

If you would like to know more about the distinguishing characteristics which Christ declared His Church must have and which the Catholic Church possesses today, we will be glad to send you, in a plain wrapper, without cost or obligation, an interesting and enlightening pamphlet. And nobody will call on you. Write today for Pamphlet CH-2.

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lobster shell or turn into scallop shell servers or individual baking dishes. Cover with buttered crumbs and a light sprinkling of nutmeg. Bake in a moderately hot oven (375 deg. F.) until the mixture is heated and the crumbs browned. About 4 servings.

Approved by Chatelaine Institute

BAKED SALMON MOLD WITH SAVORY SAUCE

2 tablespoons butter 2 tablespoons flour
or margarine 1 teaspoon salt

$\frac{1}{2}$ teaspoon pepper
1 medium bay leaf,
finely crumbled
2 cups milk
 $\frac{1}{4}$ cup grated sharp
cheese
2 eggs
1 tablespoon lemon
juice

2 cups flaked salmon
(1-lb. tin)
1 tablespoon chopped
pimento
1 cup soft bread
crumbs
1 cup cooked, ready-
macaroni

Melt the butter or margarine, blend in the flour, salt, pepper and finely crumbled bay leaf. Add milk gradually



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of pimento and sliced stuffed olive. Serves 6.

Approved by Chatelaine Institute

SAVORY SAUCE

2 tablespoons butter or margarine	$\frac{1}{2}$ tablespoons grated lemon rind
3 tablespoons flour	1 medium bay leaf
1 can (10-oz.) condensed consommé	$\frac{1}{4}$ teaspoon powdered thyme
1 cup water	1 cup salt
3 tablespoons grated onion	Dash of pepper
$\frac{1}{4}$ cup finely chopped celery	$\frac{1}{8}$ teaspoon cayenne

Melt butter or margarine over low heat in top part of double boiler. Stir in flour, blend until smooth and allow to brown very lightly, stirring constantly. Stir in consommé and water and bring to a boil, continuing to stir until the mixture thickens. Place over hot water and add the remaining ingredients. Cover and heat for 20 minutes, stirring occasionally. Strain and serve hot.

Approved by Chatelaine Institute

MOLDED FISH SALAD

1 tablespoon gelatine	$\frac{1}{2}$ cup thinly sliced celery or diced cucumber
2 tablespoons cold water	6 or 8 sliced stuffed olives or 1 tablespoon chopped pimento
1 cup mayonnaise or boiled salad dressing	1 to 2 cups flaked fish, cooked or canned
2 tablespoons lemon juice	$\frac{1}{2}$ to 1 teaspoon salt
	$\frac{1}{4}$ teaspoon paprika

Soften gelatine in the cold water for about 5 minutes, place over hot water until dissolved and combine with the mayonnaise. Sprinkle the flaked fish with the lemon juice, add the celery or cucumber and the olives or pimento. Add salt and paprika and toss the mixture lightly until well mixed, then combine with the mayonnaise. Turn into a cold, moistened mold and chill until firm. Serve unmolded on crisp leaf lettuce, garnished with radishes and cress or lemon and unpeeled cucumber slices. Serves 6. ♦

Approved by Chatelaine Institute

DID YOU KNOW

. . . that grease spilled on the kitchen floor can be removed by pouring ice water over it immediately? This hardens the grease before it has a chance to soak in, and you can scrape it off with a dull-bladed knife, with no hint of stain.

DID YOU KNOW

. . . dog and cat hair may be removed from upholstered furniture and clothing by wrapping a wide strip of adhesive tape around your hand sticky side out? Rub against fabric and all hairs are quickly picked up.

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How to finish UNFINISHED FURNITURE

By Blanche Campbell

EVERY WOMAN WHO takes pride in her home yearns for the finest furnishings her budget can afford. You can have furniture with an expensive look, but a low price tag, if you buy unfinished furniture and finish it yourself. It's the answer for new suburban home owners especially, when indoor space looms large and the budget is trickling dangerously dry.

Choosing Your Finish

The finishing method you use on any particular piece of furniture is determined by the kind of wood it is made of. An oil finish is perfect for hardwoods but it is not satisfactory on softwood. For the latter use an oil stain.

Maple and *birch* are very hard, non-porous woods. They are rarely bleached because they generally are white enough without it. They take well to a natural finish or a stain finish.

Oak is hard, strong and durable. It has prominent pores and for that reason requires one to two coats of filler for a smooth finish. It is so light-colored in its natural state that it is very seldom necessary to bleach. Oak takes well to either natural or stain finishes.

Mahogany comes in a number of varieties and grades, and ranges in color from a light claret to a medium-dark pinkish brown. It takes well to the oil or natural finish, bleach finish or stain finish.

While it doesn't take a large amount of time at any one session to finish furniture, it does require attention many different times. Patience and pride in your work are what you need to achieve the best results.

Preparing the Surface

Good results can be obtained in finishing new wood only if the surface is properly prepared. To obtain a smooth, satiny surface considerable time must be spent in sanding. But use a light hand and exercise care, for the surface of the wood can be ruined beyond repair by careless or hurried use of sandpaper. I find it best to get several grades of sandpaper, ranging from medium ($\frac{1}{2}$) to fine (4/0). Begin with the coarser grade of sandpaper and work down to the finest. Sand with the grain of the wood. It takes time to get cross-grain scratches out. Always wipe the dust away after sanding, so that it won't clog the pores of the wood.

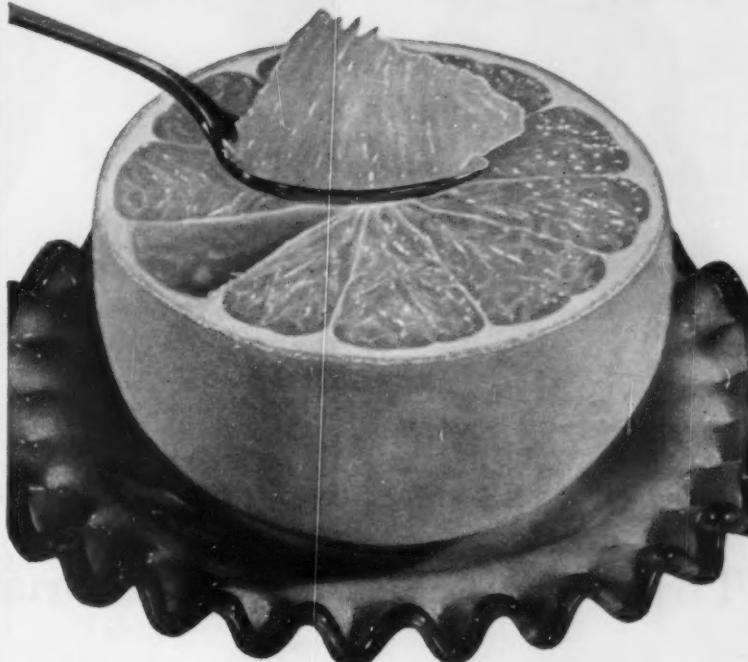
Begin the Finishing

An oil finish is perfect for hardwoods, such as maple, cherry and mahogany. It will bring out the beautiful rich color of the hardwoods and requires no waxing. When this finish is done properly the

Check your weight here...

HEIGHT with 2" heels	WOMEN			MEN		
	Small frame	Medium frame	Large frame	Small frame	Medium frame	Large frame
5'1"	107-115	114-122	121-131	126-136	134-144	141-153
5'2"	110-118	117-125	124-135	129-139	137-147	145-157
5'3"	113-121	120-128	127-138	133-143	141-151	149-162
5'4"	116-125	124-132	131-142	136-147	145-156	153-166
5'5"	119-128	127-135	133-145	140-151	149-160	157-170
5'6"	123-132	130-140	138-150	144-155	153-164	161-175
5'7"	126-136	134-144	142-154	148-159	157-168	165-180
5'8"	129-139	137-147	145-158	152-164	161-173	169-185
5'9"	133-143	141-151	149-162	157-169	166-178	174-190
5'10"	136-147	145-155	152-166	163-175	171-184	179-196

and cut calories here!



have grapefruit instead

A good first step in trimming your calorie count is—grapefruit. A hefty half grapefruit for dessert adds only 50 to 75 calories. What's more its lively flavor grows on you, keeps your diet from getting humdrum.

Grapefruit is an excellent source of vitamin C—one vitamin your system can't store up but needs most every day. Vitamins crowded in, calories crowded out—that's grapefruit!



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fruit juice, chilled and ready to pour; or frozen concentrate—a can makes 1½ pints of juice.

FLORIDA CITRUS COMMISSION, LAKELAND, FLORIDA

surface will be impervious to water, heat and scratches. This oil finish is made of two parts boiled linseed oil and one part of turpentine. And you will need an unlimited amount of elbow grease. Just remember the more rubbing you give it, the more lustrous will be the result.

Combine the boiled linseed oil and turpentine and apply in a thin coat with brush or cloth, allowing it to stand until it soaks into the wood. This will take from ten to twenty minutes. Wipe off

the excess and rub at least twenty minutes with a lintless woolen polishing cloth. Any number of coats of oil may be used, but from eight to twelve are what it generally takes to bring out a brilliant lustre.

Don't try to hurry this finish, for it takes time to do this job right. Allow two days to a week between applications, so that the oil will soak thoroughly into the wood. Oil and wax finish gives good results and requires less rubbing than just oil alone. After the piece has

been given several coats of oil, apply wax. Allow it to dry and polish with a soft cloth. Several coats of wax give excellent results.

Stain finish. Stains come as both oil and water stains, water stains being less expensive. Water stains are bought in powdered form and are diluted to desired shade with water. An oil stain is best for softwoods, if the oil is not too heavy, and a water stain for hardwoods. If a coat of one part linseed oil and two parts turpentine is

applied before staining, the oil stain will penetrate the wood more evenly.

For softwood thin the oil stain out with turpentine and apply.

Try out the stain on some unexposed part of the piece so it won't be seen, to see if it gives the desired color. Apply the stain with a brush and let it dry from five to ten minutes, or until it begins to set; then using a soft cloth, wipe with the grain, removing all the stain that will come off with moderate wiping. The result will be a color much lighter than the stain itself. But that is what you want, for the wood takes on a new color without appearing painted. Allow the stain to dry thoroughly for at least forty-eight hours. Finish with a coat of shellac to bind the stain.

Use white shellac and dilute by at least one half with denatured alcohol, as several thin coats are much better than one thick one. After the shellac has dried at least four hours go over

Softened shirtwaister in a range of spring colours and white Magicrepe. It's Lightning fastened to be sure. Myers No. 674. About \$45.



The print ensemble—a single streak of pussy-willow silk with coat of navy or tan poult de chrome bengaline. And it's Lightning fastened to be sure. Myers No. 670. About \$98.



Suit in navy poult de chrome bengaline; pure silk polka dot print blouse and matching jacket lining. Lightning fastened to be sure. Myers No. 645. About \$70.



☆ ☆ ☆

I HAD FORGOTTEN YOU

By Leila Pepper

I had forgotten you until today,
When from another's lips I heard
your name,
Star-shaken memory bore the years
away,
And laughing from the dead young
past you came.
Tonight the summer wind blows
from the south,
And I a pilgrim once again must
search
For dreams that linger hotly on my
mouth,
Remembered kisses and the heart's
faint lurch,
On every side the roses burst in
flame,
Their beauty like the world's first
lovers, old.
Above us, one by one, star-blossoms
came,
A thousand shining in the sky's
dark fold.

Forgotten perfume of a frail young
rose,
It is a ghostly kiss the old wind
blows.

☆ ☆ ☆

Three new Spring fashions



Look for this pink Lightning tag

THESE THREE silhouettes pictured above are by Myers Dress of Toronto and represent the fashion story for spring and summer 1955.

The shirtwaist dress with its fullness falling gently from the waist—the longer bodied suit jacket belted in front over a pleated skirt—and the print ensemble, a dress that's a single streak of pure silk with a matching print lined coat—all these clothes depend on Lightning fasteners for perfect fit.

Gone are the days when plackets gaped and fastenings bulged. Now with a Lightning fastener the new fashions shown here have this season's clear and clean-cut look. See it in the narrow streak of the print dress, closed and held closer with no hint of a wrinkle. See it in the shirtwaist dress that's as light and airy as a breath—the Lightning fastener is no heavier. For Lightning is made not to be noticed—to glide smoothly at the touch of a finger, and, once closed, to lock that way until you wish otherwise.

For name of nearest Myers dealer write: Lightning Fastener Co. Limited, St. Catharines, Ontario.

and
they're

Lightning **FASTENED**
to be sure

with fine sandpaper, rubbing lightly but evenly. Little shellac will remain but the result will be smoother wood with a better base for waxing. Give at least two coats of paste wax and rub, rub, rub.

Blond finish may be achieved by bleaching the wood before applying linseed oil and wax. This can be effectively done with any good powdered chlorine household bleach, applied full strength, or special wood bleaches available at most paint stores. Brush on, and in three hours or more the bleach should produce a fine honey-blond color.

Give furniture a coat of white shellac. To keep it from showing water spots, after the shellac is dry sandpaper lightly and apply a coat of clear varnish. For a glossy finish rub with pumice stone Grade FF, and then with rottenstone and oil, after the varnish is dry. Wax, and don't spare the rubbing.

The grey finish so popular now is obtained by adding turpentine to white

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paint until it becomes a "wash" consistency; then add a touch of black to the white to get a grey stain. Brush on, let stand for a minute or two, then wipe off the excess. In this way, the paint soaks into the soft wood, but is nearly removed from the hard grain. Bring out the hard-grain pattern more clearly by sanding lightly with sandpaper, after this grey stain has dried. Finish with a coat of thin white shellac. After the shellac dries remove any roughness with very fine sandpaper. Apply paste wax and polish. An additional coat of wax from time to time keeps this finish lovely.

Pigmented lacquer. This is often used on modern pieces. For good results the lacquer should be sprayed on except, possibly, the first coat. First lacquer the piece any color you wish. Then fill the wood with a filler of contrasting color and finish with clear lacquer.

Choosing Oak Finish

Be sure to use a filler with oak. One coat is sufficient if you wish the texture of the wood to show. But a smooth finish usually requires two coats to fill in the wood's prominent pores. When filler is applied allow to stand until it has a "dull" look. Then wipe off cross-grain. Use care to avoid taking off too much filler during the wiping operation whether you use one or two coats.

Natural finish. Oak in its natural state has a yellowish color that many people don't care for. If you want a natural oak finish that eliminates this yellowish cast, fill the wood with slightly grey filler. Wipe off excess. Let filler dry at least twenty-four hours. Finish with several coats of thinned white shellac. Wax and rub well.

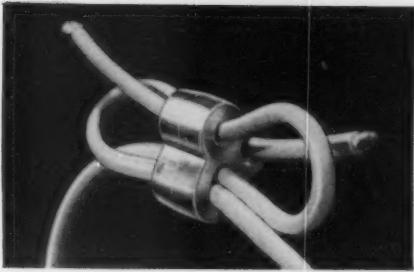
If you want to keep its true natural yellowish color, fill the wood with natural wood filler, sand, and finish with several coats of thinned white shellac. Apply at least two coats of paste wax and rub well.

Golden oak. This makes a good-looking finish and may be had by applying golden-oak stain, filling with a light-brown filler, and finishing with shellac and wax. The resulting color will be yellow with dark-brown filled grain.

Fumed oak. True fumed oak is made by exposing the wood to ammonia fumes. To do it right requires the work of a skilled craftsman. It is tricky, and even dangerous, so don't attempt it. But you can duplicate the fumed-oak finish with stains, and it will look so real that even an expert will hardly be able to tell the difference. First apply Adam brown stain, then fill with a dark-brown filler. Shellac and wax.

English oak. Mix Adam brown stain with about one tenth part black and apply. When dry follow with a wash coat of shellac. Then fill the wood with black filler. Finish with two or three thin coats of shellac and then wax. The result is a beautiful piece of furniture which is slightly yellow-brown in color with black filled grain.

Weathered oak. This is the color of driftwood when finished. Apply a coat of very light grey stain. Remove enough of the stain before it sets, so that it does not completely hide the natural color of the oak. If you allow the stain to completely cover the oak the result will be too bluish a color. After the stain has dried apply a wash coat of shellac. Fill the wood with dark, warmer grey wood filler. Shellac and wax. +



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MALE DIRGE

For the Season of Wifely Unreason

BY CHARLES DAMON

The sideshow lady who wears a beard
For my two cents' worth is strictly weird.
And the girl who guns for African game
Is certainly not my type of dame.

I thought
What I'd got
When I settled for life
Was a loving, but still,
Strictly run-of-the-mill
Undramatical wife.

Now, that is quite so
Till the season's last snow
Leaves our driveway—and then
She's a mixed-up chaotic
A mood-mad neurotic
A schizo-psychotic . . .
SHE'S CLEANING AGAIN.

I say spring
Is a thing
That a man should enjoy
And not all his masculine talents employ
Fixing window and floor
And the sag in the door
And the plumber's weak link
Or the clog in the sink.

Or find, coming home,
That the rug's in a foam
And the chesterfield's wet
Where you've settled to set.
While dinner consists, on the edge of the shelf,
Of a compote of beans that you unzip yourself.

There's the fact that your chair
By the lamp ISN'T THERE.
The fireplace is loaded with fresh pussy willows.
You're sleeping on sweaters (she's washing the pillows).

The back stair is cluttered with kitchen utensils
And fresh varnish rules out the Basic Essentials.
The drawers of your dresser are neat as a pin
But which is the one with your undershirt in?
Your pockets are frisked of all valuable dope
And your favorite pipe has been WASHED OUT WITH SOAP.

Oh, me for the cave and
Me for the grave.
For the bathroom is painted and
WHERE DO I SHAVE?
But I grin and bear it
And nobly behave.

And what is the pay-off?
The feminine say-off?

"Legree," she will lash out
And "Belsen," she'll slash out,
"My mother was right and
You've made me a SLAVE."



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First Quarter 28th

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GOOD FRIDAY
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DOMINION

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